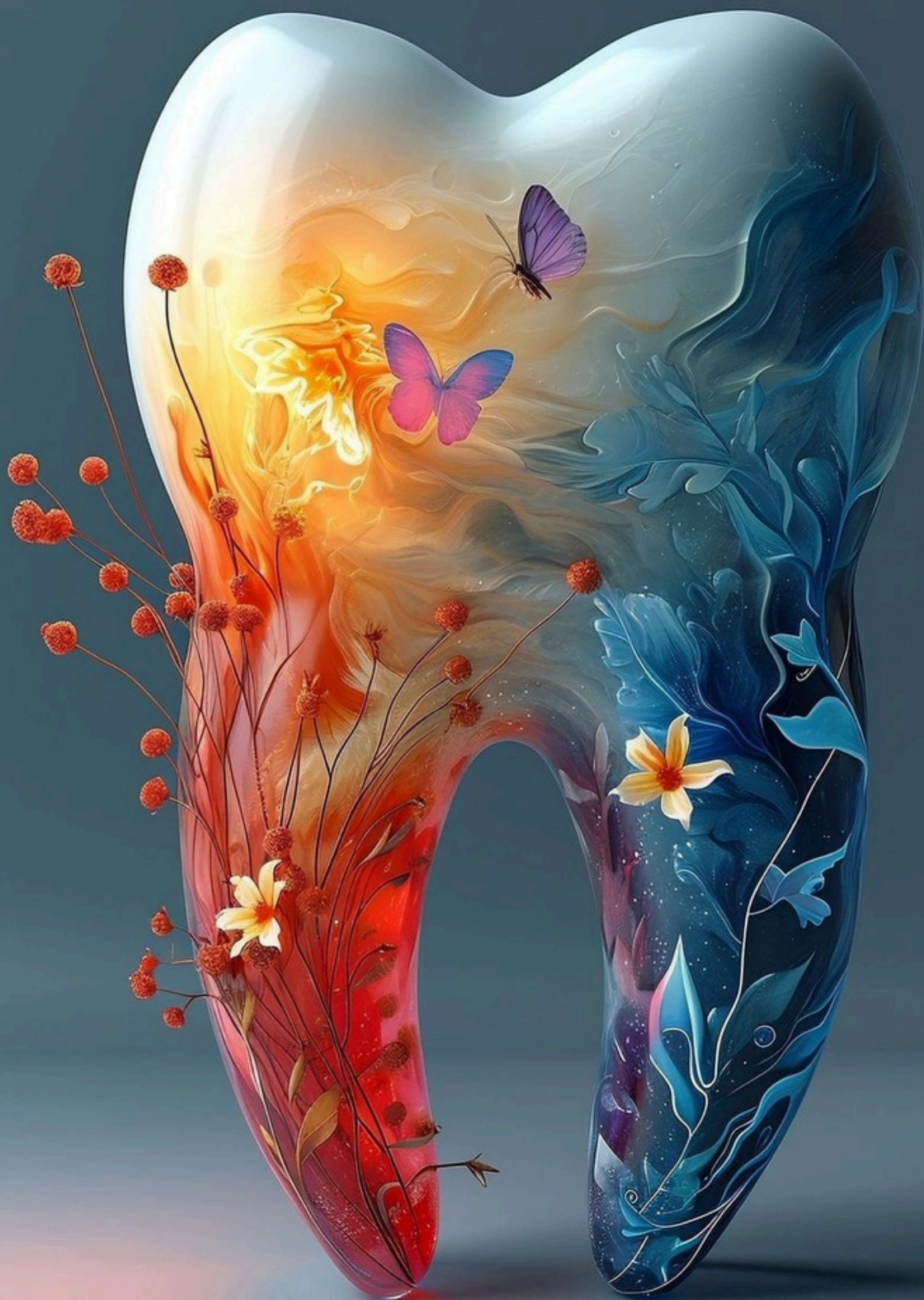


Towards Tomorrow



गणेशाय नमः



वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥

GBT- Great Biofilm Triumph

Guided Biofilm Therapy (GBT) is a minimally invasive, evidence-based approach to oral care that targets the biofilm, a complex community of microorganisms, to prevent and treat periodontal diseases, peri-implantitis and other oral health issues. The GBT approach is based on the understanding that the biofilm is the primary cause of oral diseases and that removing the biofilm is the most effective way to prevent and treat these diseases.

The GBT approach is guided by two fundamental laws: the "**Law of Disclosure**" (make biofilm visible) and the "**Law of No Polishing**". The Law of Disclosure states that the biofilm must be made visible in order to effectively treat it, using a disclosing agent to visualize the biofilm and identify areas of accumulation. The Law of No Polishing states that no polishing is needed after biofilm removal as polishing can damage the tooth surface and disrupt the oral microbiome.

The GBT procedure involves a thorough clinical examination, including a periodontal charting. This helps to identify areas of biofilm accumulation and assess the patient's oral health status. This examination includes a visual inspection of the teeth and surrounding tissues, as well as a tactile examination using a periodontal probe to assess the depth of the periodontal pockets and the presence of bleeding on probing. The procedure then involves the following steps:

Before GBT



After GBT



After Disclosing



1.Disclosure: This involves the application of a disclosing agent to visualize the biofilm and identify areas of accumulation. This further enables in targeting the areas of biofilm accumulation and ensures that all areas are treated.

2.Guided Ultrasonic Debridement: This encompasses the use of a guided ultrasonic device such as an EMS Air-Flow Master or a Cavitron to remove the biofilm from the tooth surfaces, including the supragingival and subgingival areas. This device uses a controlled flow of powder, such as erythritol or glycine to disrupt and remove the biofilm. Such a device is equipped with a specially designed nozzle that allows precise targeting of the biofilm and the powder is delivered at a controlled pressure to ensure effective removal of the biofilm.

3.Biofilm Removal: This step deals with the removal of the biofilm from the tooth surfaces, using a combination of the guided ultrasonic device and hand instruments, such as curettes or scalers. It also involves the use of a subgingival debridement technique, where a curette or scaler is used to remove any remaining biofilm or calculus from the subgingival area. This stage is critical in ensuring that all areas of biofilm accumulation are treated and that the periodontal pockets are free of debris.

4.Rinsing and Drying: This phase includes rinsing of the mouth with water or an antimicrobial mouthwash to remove any remaining debris or powder and drying of the teeth to prevent reformation of the biofilm. This step is important in ensuring that the oral cavity is clean and free of debris and that the teeth are prepared for any subsequent treatments.

The advantages of GBT are numerous and far-reaching. In Periodontology, GBT has proved to be highly effective in preventing and treating periodontal diseases, reducing the risk of tooth loss and promoting long-term oral health. In Implantology, GBT efficiently assists in averting peri-implantitis, reducing the risk of implant failure and promoting long-term implant success. In Orthodontics, GBT has been successful in managing and handling oral diseases associated with orthodontic treatment such as gingivitis and periodontitis. In General Dentistry, GBT takes care of a range of oral health issues including caries, gingivitis and periodontitis. Overall, GBT offers a highly yielding, safe and minimally invasive approach to oral care with numerous advantages for patients as well as dental professionals.

-Ramya Vyas 3rd year
Under the guidance of Dr. Bela Dave Ma'am

The Valley Lost In Time

There are places that call to you not with noise, but with silence. Harsil Valley is one such place – tucked deep in the Garhwal Himalayas of Uttarakhand, this untouched gem feels like nature's own whisper.

Cradled by the Bhagirathi River and framed by snow-kissed peaks, Harsil is not just a destination – it's a feeling.

Unlike its more famous cousins like Mussoorie or Nainital, Harsil remains untouched by tourist rush. It's a place where pine forests hum with wind, where apple orchards sprawl endlessly, and time slows to the rhythm of mountain life.



The Road Less Taken

The journey to Harsil from Uttarkashi is breathtaking. Every curve of the road offers postcard views – deep valleys, cliff-hugging roads, and the Bhagirathi dancing below. The true magic begins as you enter the valley and the modern world slowly fades away.



LAMA TOP TREK

A short trek from Harsil that offers panoramic views of the entire valley – clouds floating at eye-level, mountain peaks standing like ancient guardians.

APPLE ORCHARDS

If you visit during harvest, the valley turns into a fairytale of red and green. The aroma of fresh apples lingers in the air like a natural perfume.



**SO, IF YOUR SOUL CRAVES
PEACE MORE THAN PARTIES,
RIVERS MORE THAN ROADS,
AND STARS MORE THAN
SKYLINES – HARSIL IS CALLING.**

HARSIL

**–PRABHAV PATEL
(Final Year)**

Sights That Stay With You

Dharali & Mukhba Village

Tiny hamlets where time stands still. The villagers live with simplicity, their homes painted with Tibetan-style woodwork, their warmth unmatched. Mukhba also houses the winter abode of Goddess Ganga.



GARTANG GALI

A Walk on History's Edge
No visit to Harsil is complete without walking through Gartang Gali, a 150-year-old wooden staircase carved into a steep cliff, recently reopened after restoration. Originally part of the ancient Indo-Tibetan trade route, the walkway hugs the rocky gorge with just wooden planks beneath your feet and a dramatic drop below. As you walk, with the Jadh Ganga roaring beside you and icy winds brushing your face, you don't just feel adventure – you feel history under your feet.



MOVIE REVIEW



gifted (2017)



Gifted tells the emotional story of Frank Adler (Chris Evans), a single man raising his spirited young niece, Mary (Mckenna Grace), in a quiet Florida town. When it's discovered that Mary is a mathematical prodigy, Frank finds himself in a custody battle with his mother, who wants to place Mary in a more competitive and isolating academic environment.



The film explores themes of family, gifted education, trauma, and what it means to live a full and balanced life. Chris Evans delivers a grounded, heartfelt performance that contrasts sharply with his iconic Captain America role. Mckenna Grace as Mary is charming, sharp, and emotionally nuanced well beyond her years.



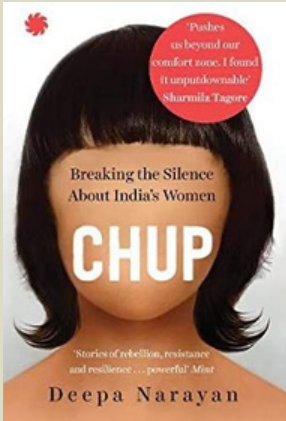
The film blends sentimentality with serious questions about childhood, education, and parental rights without veering into melodrama.



Even though I found the film a little predictable, it may appeal to audiences who enjoy heartfelt dramas. My final thought is "Gifted may not surprise you, but it will certainly touch your heart".

~ Aaryaa Brahmhatt (final year)

BOOK REVIEW



Book title: Chup

Author: Deepa Narayan

Genre: Nonfiction, Feminism, Indian literature



Review:

Don't judge a book by its cover," they say — but *Chup* by Deepa Narayan is that rare book that stays true to its cover till the very end. "This book will hold a mirror to every Indian woman" precisely sums it all up — the struggle of Indian women, the daily fight against patriarchy, and how they are conditioned since childhood to remain unaware of themselves — their bodies, their desires, even their very existence — and simply tend to society and family because that is what a 'woman' is supposed to do.

It is the story of every woman who tries to build a life from the scraps she is offered — who often finds the brutality of the world easier to endure than the unfairness she faces in her own home. It shows just how much strength it takes to be a strong, independent woman — a strength that most are not 'privileged' enough to be entitled to.

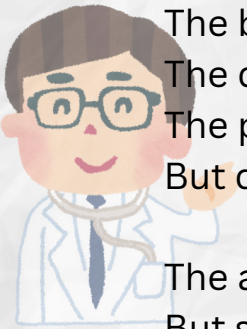
This is a story about the deeply rooted patriarchy we all live with and often overlook, not recognizing it as something unusual — not raising our voices enough against it. It is a call to awareness, a wake-up for women to reclaim their space and their right to happiness — not as something granted by others, but as something they can claim for themselves.

This is our story — and we must make the most of it. To the women who uplift, empower, and make life easier for others, so they too can carve out a life of their own — this is for you because silence is no longer the option.

-Shailey Jha (final year)

The Poetic Nook

Wake, Wobble and Win



The beds are magnets, pulling us to stay!
The quilts are warm and we'd rather sleep today.
The pillows whisper, "Snooze, just five more minutes!"
But duty's call says "Rise, it's time to shine."

The alarm clock screams and we hit snooze,
But soon we rise and face the morning blues,
We'll shake off sleep and stumble out the door,
And hope that coffee will make us whole once more!

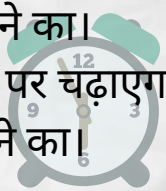
The morning's tough, but we'll face the day
We'll don our aprons and stumble in, with eyes half-awake
Textbooks in hand, our daily grind we'll undertake.

The broad sunlight, will ignite our might!
And as sleep-deprived peers, we'll shine so bright.
We'll learn and grow and make our way,
And turn our struggles, into a brighter day!

-Ramya Vyas 3rd year

एक नया आरंभ

कब तक खुद को तलाशेगा,
वक्त है खुद को बनाने का।
कब तक मन को सर पर चढ़ाएगा,
वक्त है उसको सुलाने का।



वक्त है चीज़ें बदलने का,
वक्त है नए आरंभ का।
आरंभ ऐसा कि अंत की फिक्र नहीं,
आरंभ ऐसा कि प्रयत्नों से ऊपर कुछ नहीं।



एक रोज़ नया सूरज उगता आयेगा,
खुद को उसमें चमकता पाऊंगा।
तपना चाहता हूँ आग में अभी,
शायद सोने के जैसे निखर के आऊंगा।।

-Rachit Upadhyay 2nd Year

Culinary Notes

EGGLESS BROOKIES RECIPE

Makes: 8–10 brookies

Prep Time: 20 mins | Bake Time: 20–25 mins

PART 1: BROWNIE BATTER (bottom layer)

Ingredients:

- 1/2 cup (100 g) granulated sugar
- 1/4 cup (60 ml) oil (vegetable or melted butter)
- 1/4 cup (60 ml) yogurt/curd (plain, not too sour)
- 1/2 tsp vanilla extract
- 1/3 cup (40 g) all-purpose flour (maida)
- 3 tbsp cocoa powder (unsweetened)
- 1/4 tsp baking powder
- Pinch of salt
- 2–3 tbsp dark chocolate chunks/chips (optional)

Method:

1. Whisk sugar, oil, yogurt, and vanilla until creamy.
2. Sift in flour, cocoa powder, baking powder, and salt.
3. Fold gently into a thick batter. Add chocolate chunks if using.
4. Set aside.

PART 2: COOKIE DOUGH (top layer)

Ingredients:

- 1/4 cup (55 g) softened butter (or margarine)
- 1/4 cup (50 g) brown sugar
- 1 tbsp milk (adjust if needed)
- 1/2 tsp vanilla extract
- 1/2 cup (60 g) all-purpose flour
- 1/4 tsp baking soda
- Pinch of salt
- 3–4 tbsp chocolate chips

Method:

1. Cream butter and brown sugar until light and fluffy.
2. Add milk and vanilla; mix.
3. Sift in flour, baking soda, and salt. Mix to form soft dough.
4. Fold in chocolate chips.

ASSEMBLY:

1. Preheat oven to 170°C (340°F).
2. Grease or line a square 6x6" pan or individual muffin cups.
3. Spread brownie batter evenly on the base.
4. Drop spoonfuls of cookie dough over brownie layer — flatten slightly.
5. Bake for 20–25 mins or until a skewer comes out with a few moist crumbs.
6. Cool, slice, and enjoy the gooey magic!

TIPS:

- Chill the cookie dough for 10 mins if it's too sticky.
- Don't overbake — you want the fudgy center

-RAINA JOSHI 3RD YEAR

CRISPY CHEESE CORN ROLL

Ingredients:

- 1 cup corn kernels
- 1/2 cup grated cheese
- 1/4 cup chopped onions and capsicums
- 1/2 tsp chili powder and garam masala
- Salt to taste
- 2 tbsp butter
- 1 package spring roll wrappers

Instructions:

1. Heat butter in a pan, add onions, capsicum and sauté until tender.
2. Add corn kernels, chilli powder, garam masala and salt. Cook for 2–3 minutes.
3. Add grated cheese and mix well.
4. Place a tbsp of the corn-cheese mixture on a spring roll wrapper, brush edges with water, and roll into a cylinder.
5. Deep-fry until golden brown and crispy.

Your cheese corn rolls are ready to savour!

-NANCY RAMANUJ 2ND YEAR

CHILLI CHEESE TOAST

A spicy, cheesy fix in just minutes

Ingredients:

- 2 cheese cube (grated)
- 1 tsp chopped coriander
- 1 tsp green chillies
- 1 pinch salt
- 1 tsp butter
- 2 tbsp milk
- 2 bread slices (edges trimmed)
- Chilli flakes and oregano(as per taste)

Instructions:

1. Mix all ingredients into a smooth, spreadable mixture.
2. Apply generously on bread slices.
3. Toast on a pan (covered) over low flame for 5–6 minutes until cheese melts.
4. Serve hot and enjoy the melty, spicy goodness!

-STUTI NAHAR 3RD YEAR



Department of Pedodontics & Preventive Dentistry

Children's Day Celebration



Strong Teeth Strong Kids

"Every child is a different kind of flower, and all together they make this world a beautiful garden."

Pandit Nehru believed that "The children of today will make the India of tomorrow." He advocated for their right to education, healthcare, and a safe environment. The day is an opportunity to promote awareness of children's rights, welfare, and education. It also serves as a reminder of our duty to ensure that every child is nurtured and protected.

On 14th November 2024, the Department of Pedodontics and Preventive Dentistry at AMC Dental College and Hospital joyfully celebrated the 17th Children's Day under the theme, "Strong Teeth, Strong Kids." The department was transformed into a vibrant and welcoming space, decorated with balloons, ribbons, rangoli, and selfie props to create a cheerful atmosphere for 35 young patients. A team of nine enthusiastic interns organized engaging activities such as colouring and clay competitions, snakes and ladders with an oral hygiene twist, musical chairs, a spin-the-wheel game, and interactive parent counselling sessions emphasizing the importance of regular dental check-ups and oral hygiene maintenance. Each child received gifts like toothpaste, erasers, sharpeners, and drawing kits as tokens of appreciation, while their creativity flourished through clay modelling and art. The celebration was not only entertaining but also educational, effectively blending fun with learning under the expert guidance of Dr. Parth Khamar and Dr. Parag Pagaria. The event left lasting smiles on the faces of the children and reinforced the department's commitment to pediatric dental awareness in a warm and compassionate environment.

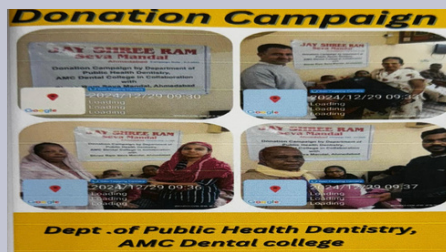
Women's Mental Health & Awareness Program



Women Development Cell organised a Women Mental Health and Awareness Program on 4th December, 2024. Dr. Khyati Mehtalia, a renowned psychiatrist and mental health advocate, was the chief speaker. She discussed about the importance of women's mental health and gave a brief about various factors affecting it. The program was all about creating awareness and bringing out importance of maintaining a healthy mental health for overall health and long term well being.



Public Health Dentistry Donation Campaign



It's not how much we give, but how much love we put into giving.

The Department of Public Health Dentistry, AMC Dental College and Hospital, in association with Jai Shree Ram Sewa Mandal, Kubernagar successfully organized a donation campaign from 13 December to 21 December 2024. The 9-day campaign aimed to collect donations for the underprivileged and support the charitable initiatives of the trust.

The campaign was inaugurated on 13 December, in which students, staff, and well-wishers participated enthusiastically, demonstrating their commitment to social responsibility. Donation boxes were placed within the college and hospital premises.

The campaign resulted in a substantial collection of donations, including clothing, luggage, toys & stationary. The donations will be utilized to provide essential healthcare services, education, and support to those in need.

This campaign reinforces our institution's commitment to giving back to the community and promoting the well-being of society.

The campaign's success was a testament to the collective efforts of the AMC Dental College and Hospital community. We look forward to continuing our philanthropic efforts and making a positive impact in the lives of others.

Prosthodontics Week, 2025

The Prosthodontics Week 2025 celebration commenced 20th January, highlighting the vital role of prosthodontics in dentistry. This week-long event aims to raise awareness about the importance of restoring smiles and enhancing oral function through innovative prosthetic solutions.

It started with a vibrant inauguration ceremony and an exciting rangoli competition. The friendly competition not only highlighted the talent within the department but also encouraged collaboration and camaraderie among participants.

The Prosthodontics Quiz Program was conducted on 21st January as a part of an educational initiative aimed at increasing awareness and understanding of prosthodontics among dental students, professionals, and enthusiasts. The quiz aimed to test knowledge on key topics such as crowns, bridges, dentures, dental implants, and various advanced prosthodontic procedures. Even The Prosthodontic Treasure Hunt was organized as a unique, interactive event aimed at enhancing the learning experience for dental students and professionals in the field of prosthodontics.

On the 3rd day the event was marked by two exciting competitions and a patient awareness program, all aimed at highlighting the importance of prosthodontics.

The Logo Designing Competition featured four teams creatively crafting logos representing the Prosthodontics Department. Each design reflected innovation and artistic expression, with the best logo being selected as the official logo of the Prosthodontics Department.

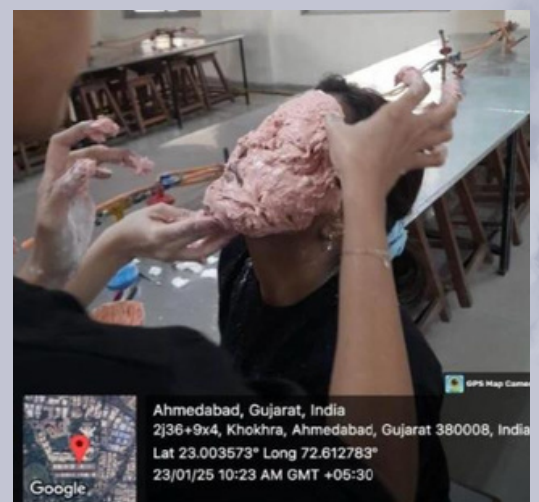
The Face Painting Competition featured three teams, showcasing their talent in facial art and creativity through intricate designs related to prosthodontics.

Adding an educational touch to the celebrations, a patient awareness skit was performed by Intern students of Batch F2(2024-2025) of prosthodontics department, emphasizing the importance of seeking professional dental care.

On the 4th day the most interesting Materialica competition was held. In this unique competition, students were encouraged to explore innovative uses of different dental materials to create new and creative products, showcasing their ingenuity, understanding the study models, and material science in dentistry. The "FUN PRO-DONTICS: GAME FOR FIRST BDS" event was a thrilling and laughter-filled extracurricular activity organized exclusively for first-year BDS students.

On the 5th day A camp was organized in Vanch and Dhamatvan Gam to give awareness about the Prosthodontic day and the importance of Prosthodontist. The patients were given information regarding the different treatment modalities in Prosthodontics with Audio visual aids. Also, the denture cleansing tablets and denture adhesives samples were distributed to the denture wearing patients.

On the last day the department invited students to document the entire week's activities and compile them into an impactful final reel, showcasing the essence of Prosthodontic week and highlighting the significance of prosthodontics in dentistry. Two themes were given to the participants they are glimpses of Prosthodontic week and other is the fun part of Prosthodontics. At the end The Prize Distribution Ceremony was held to recognize and reward the hard work, creativity, and dedication of participants in the various activities during Prosthodontic week. What an amazing week!!!!



Photography Workshop



A very engaging, cutting edge photography workshop was organized in AMC Dental College on 5th February 2025. The workshop was conducted by the very celebrated photographer Dr. Mayur Davda. He has been the resource person for clinical photography at

the aesthetic dentistry fellowship & Full Mouth Rehabilitation fellowship at Dr D Y patil

University, Mumbai. He is the 1st dentist in India to be interviewed on national

television, leading photography magazines and is also a photomonitor with Canon.

The workshop started with a lecture which briefed about new camera technologies, specialized dental photography equipments, high resolution images and advanced softwares. This was followed by live demonstration of intraoral, extraoral, glamour and table top photography. The workshop concluded with an interactive quiz competition.

Oral & Maxillofacial Surgery Day



The Oral and Maxillofacial Surgery Day was celebrated on 13th February with zest and zeal. The event began with a grand inauguration ceremony which was followed by interactive and fun games for the faculty members. An awareness skit was performed by the post graduate students and interns for the patients which highlighted the importance of oral health. Later, Dr. Shreedhar Shukla delivered an insightful lecture on early cancer detection and awareness. The day concluded with a reel making and slogan-making competition wherein the participants showcased their creativity in spreading awareness. The celebration was a great success and promoted learning and engagement among staff and patients alike.

National Periodontist Day & Perio Week Celebration



To celebrate National Periodontist Day in the 50th glorious year of Indian Society of Periodontology, The Department of Periodontology of AMC Dental College held a week-long celebration comprising of various competitions and activities for all undergraduate and postgraduate students.

The week commenced with a grand inauguration ceremony which included an entertaining and informative skit which was performed by the post graduate students and interns to promote oral hygiene awareness amongst the patients. It was followed by fun games for faculty members of various departments. Throughout the week, samples were distributed to patients in the departmental OPD and brushing techniques were demonstrated alongside. Later, students showcased their artistic talents in rangoli making competition with the theme of "Healthy Gums Healthy Smile" and face painting competition with the theme of "Say No to Tobacco". It was followed by a creative meme making competition that addressed the prevalent theme of "Perio Myths." Throughout the week, games like Treasure Hunt and Perio Quiz were organized wherein students participated with great enthusiasm.

A dental camp was also organized at a technical college wherein screening of 101 students and faculty members was done, toothpaste samples were distributed and promotion of oral hygiene awareness was done. The culmination of this very engaging week was done with a valedictory ceremony wherein prizes and certificates were awarded to winners and participants.

These activities and celebrations aimed to reach out to the mass population to build awareness of periodontal health and to promote the importance of oral hygiene maintenance for the overall wellbeing of the individual. To sum up the week was full of both fun and learning.

National Oral Pathologist Day



National Oral Pathologist's Day was celebrated with great enthusiasm and zeal on 25th February at AMC Dental College. The event commenced with a dignified inauguration ceremony, graced by the presence of esteemed Dean Ma'am, HODs and faculty members. The ceremony began with cake cutting and included a video presentation showcasing the pivotal role of Oral Pathology department and highlights of how it functions. Following the inauguration, students showcased their artistic talents in the H and E rangoli competition. Participants drew various innovative representations ranging from artistic sceneries to histopathological interpretations. The winners were rewarded with prizes.

Later, a comprehensive and highly specialized Forensic Odontology seminar was held with Dr. Jayasankar P. Pillai as the chief speaker. He is a PhD scholar in forensic odontology and has handled over 500 medico legal cases. The seminar was followed by an exclusive hands-on training program on Dental Anthropology. To sum up the day was full of both fun and learning. As we reflect on this memorable occasion, let us express our heartfelt gratitude to all oral pathologists for their tireless efforts and dedication to advancing the field of oral pathology.





The days



The most happening and most awaited week of the year, THE DAYS CELEBRATION organised by the Interns batch 2020-25. All the enthusiastic AMCDians participated and enjoyed the days celebration thoroughly. Commencing on 11th Feb with Chocolate Day followed by Character Day, Group Day, most happening DJ Night and concluding on Traditional Day with Sports Week Inauguration the celebration promised fun for everyone, each day!



Sports Spotlight



Volley ball super six
Winners: Naim and team



Volleyball Boys Formal
Winners: Interns



Informal Volleyball
Winners: Interns



Cricket
Winners: Interns



Formal girls Badminton
Winners: Anjali and Vidhi
(3rd year)



Badminton boys single
Winner: Pal (1st year)



Badminton boys formal
Winners: Poojan and Tanmay (Interns)



Kabaddi
Winners: Interns



Formal girls cricket
Winners: 3rd year



Cricket super six
Winners: Akhilesh and team



Volleyball formal girls
Winners: Interns



Badminton mix doubles
Winners: Devansh and Krishna
(1st year)



Informal cricket
Winners: 3rd year



Football super six
Winners: Anuj and team



Badminton girls single
Winner: Anjali (3rd year)



Table tennis (Mixed doubles)
Winner: Aniket and Prisha



Chess
Winner: Vishwa (2nd year)

Achievements

Chasing the best version of themselves



Samarthya Purohit (Ortho R1)-
Vadodara marathon(21.1km),
ADR night ultra run(4hrs),
KD marathon(21.1km)



Nuti Vasoya (Intern)-
KD marathon(21.1km), BSafal
Marathon, IPA Neerathon



Nevil Vadnagara (Intern)-KD
marathon, BSafal Marathon,
ADR night ultra run(4hrs)



Dhriti Vakhariya (Intern)-
BSafal Marathon, IPA Neerathon



Harshnaad Nanavaty(Intern)-
KD marathon(21.1km)



Kanishq Patel (Intern)-
IPA Neerathon



Prabhav Patel (Final year)-
KD marathon, BSafal Marathon,
IPA Neerathon



Canvas of Expression



Kashish Sanghat (3rd year)



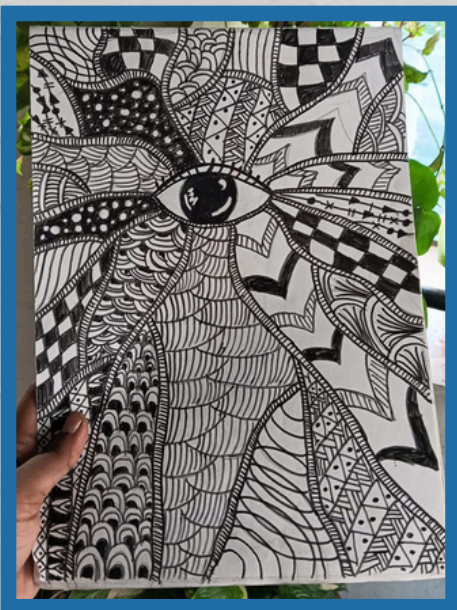
Nancy Ramanuj (2nd year)



Charcoal Portrait
Yashvi Mehta (1st year)



The Goat
Prabhav Patel (Final year)



Zankhna Solanki (3rd year)



Dr. Helly Soni
Alumni batch (2019-2024)



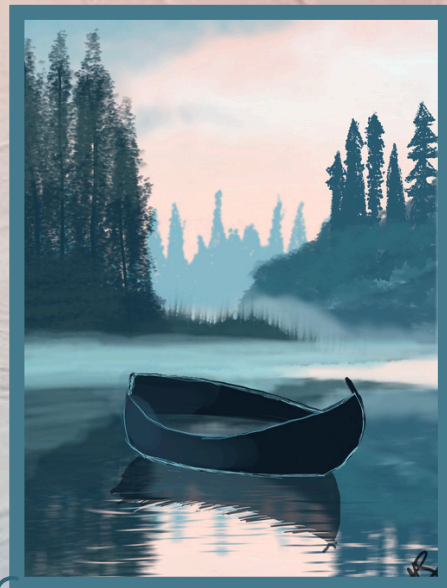
Helly Patel (3rd Year)



Vishwa Patel (2nd Year)



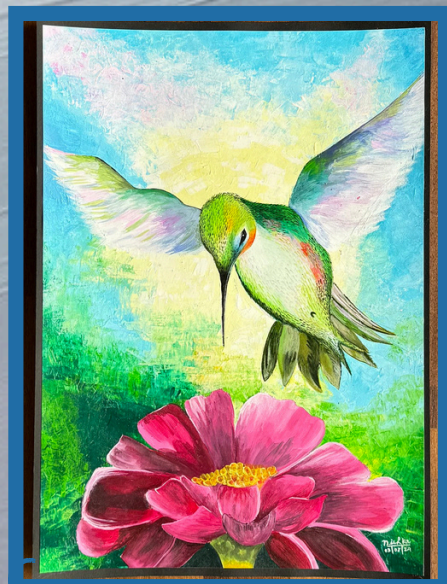
Echoes of Krishna
Jil Patel (1st Year)



Whispers of the Mountain Lake
Nensi Shah (Final Year)



Vidhi Pisadia (1st Year)



Nishka Trivedi (1st Year)

INTRODUCTION OF OUR TEAM

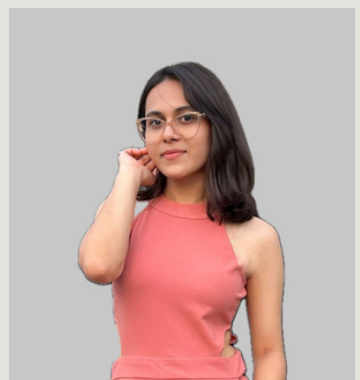
This magazine was brought to life under the aegis of
Dr. Dolly Patel
Dr. Bela Dave



Madhur Batra
Editor in chief



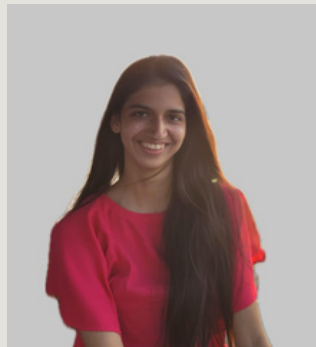
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