

TOWARDS TOMORROW

SCIENCE • INNOVATION • CARE



ॐ गण गणपतये नमः



Virtual Articulators

The **Virtual Articulator (VA)** is a transformative software tool in digital dentistry that simulates the complex relationship between the upper and lower jaws. It replicates both static and dynamic mandibular movements in a 3D environment, acting as a high-precision digital replacement for traditional mechanical articulators.

Core Concept & Evolution

The concept is rooted in virtual reality (VR), creating an interactive computer-generated environment to replicate patient data. First introduced in the late 1990s, VAs were developed to overcome the limitations of mechanical devices, such as the inability to account for soft tissue resilience or time-dependent jaw movements.

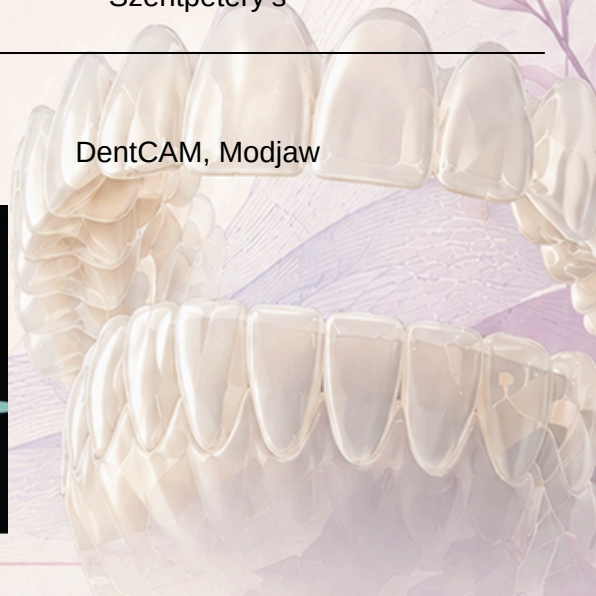
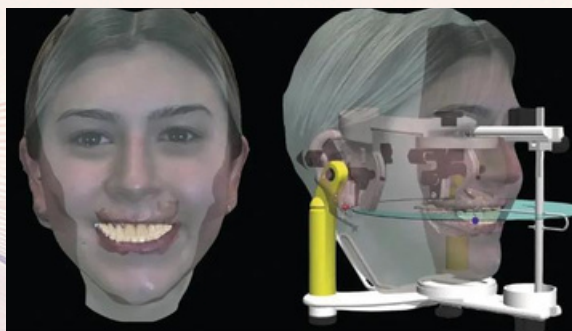
How It Works

The digital workflow involves several critical stages to ensure accuracy:

- 1. Data Acquisition:** 3D images of the teeth are captured via Intraoral Scanners (IOS).
- 2. Virtual Mounting:** Digital models are positioned using a Virtual Facebow, which aligns the maxillary cast with anatomical landmarks like the Frankfort horizontal plane.
- 3. Kinematic Analysis:** The software uses algorithms to simulate jaw motions. In advanced systems, real-time data is imported from Jaw Motion Analyzers (JMA) to reproduce a patient's specific chewing and speech patterns.
- 4. Collision Detection:** The software identifies "occlusal interferences" (harmful tooth contacts) by visualizing dynamic interactions from multiple angles, including "inside" views of the dental arch.

Types of Virtual Articulators

<i>Types</i>	<i>Mechanism</i>	<i>Examples</i>
Mathematically Simulated (MS)	Uses average mathematical values (e.g., standard Bennett angles) to mimic movements.	Stratos 200, Szentpetery's
Completely Adjustable (CA)	Records exact patient-specific paths using electronic tracking devices.	DentCAM, Modjaw



Advantages:-

- **Precision:** Reduces restoration adjustments by up to 15–20%, detecting discrepancies often missed by manual tools.
- **Efficiency:** Eliminates physical models, plaster, and shipping, enabling "single-visit" dentistry.
- **Enhanced Analysis:** Can simulate soft tissue resilience and the deformation of the mandible under load.
- **Patient Education:** Allows for real-time 3D visualization of treatment plans for better patient communication.

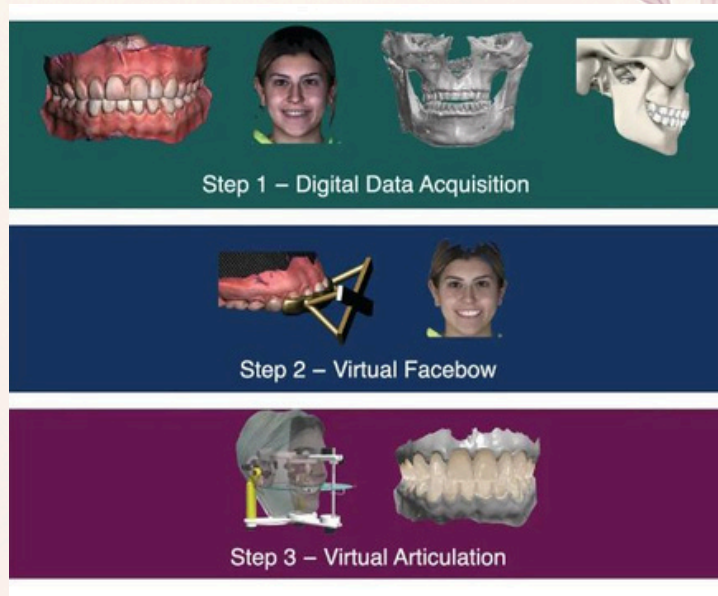
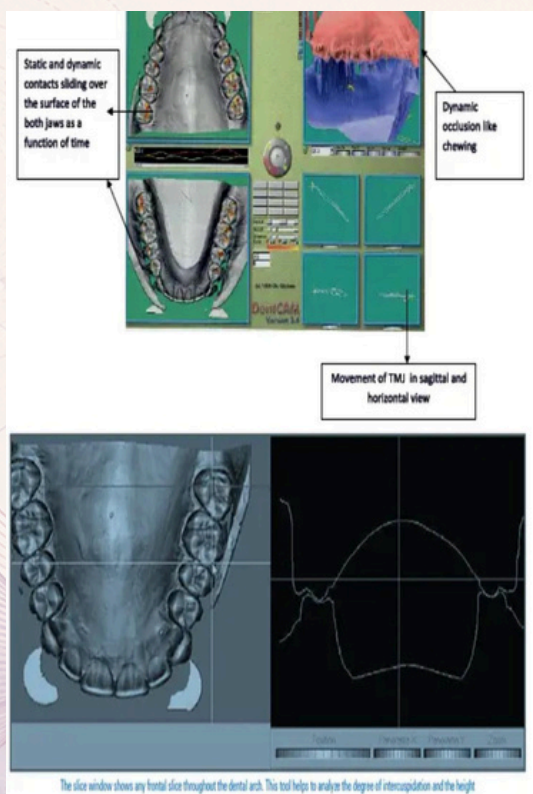
Limitations:

- **High Cost:** Requires significant investment in scanners, specialized sensors, and CAD software.
- **Learning Curve:** Demands technical expertise in both mechanical articulation and digital workflows.
- **Interoperability:** A lack of standardized data formats can make it difficult to transfer motion data between different software platforms.

Clinical Use & Impact:-

Virtual articulators are essential for high-stakes procedures:

- **Prosthodontics:** Designing crowns, bridges, and full-arch rehabilitations that fit perfectly during functional loading.
- **Implant Dentistry:** Planning precise implant placement and occlusal harmony in complex cases.
- **Orthognathic Surgery:** Establishing the ideal maxillary position and preparing surgical splints more accurately than conventional methods.
- **TMJ Diagnosis:** Helping identify abnormal movements or misalignments in patients with temporomandibular joint disorders.



-Ramya Vyas (Final year)
Guided by Dr. Kinjal Ma'am

Book discussion : The palace of illusions by Chitra Banerjee

"I am buoyant and expansive and uncontainable—but I always was so, only I never knew it! I am beyond name and gender and the imprisoning patterns of ego." This quote, albeit from a novel, boasts the radiance of the person, growing, evolving and marching towards his goals. The novel quoted is "The Palace of Illusions" by Chitra Banerjee and idea where it is discussed is nowhere else than AMC Dental College lecture halls and organised by COVER2COVER Literature club.

Staying true to its character of evoking sense of independent character development and informed range of references, the meet was organised to discuss the legendary Mahabharat through this above book. The character of Draupadi in the novel speaks out on the value of women's liberation and rights in a patriarchal society..

It portrays the predicament of women in antiquity and highlights their bravery and will to lead fulfilling lives. The enriching experience of the event is of the teachers sharing their contexts with the large crowd of students and debating the nuances of the very characters of the epic saga. The afternoon gave great message of modern implications of feminism and women empowerment as Panchali had envisaged in her times

The club confirmed it's commitment to engage students in extra curricular discussion and debates and thereby developing in true sense character development. The organising committee of dedicated student members had meticulously planned session with fun activities and engaging questionnaires. Every bit of praise they deserve is quite underwhelming. It is very rightly said: "Good conversation is as stimulating as black coffee, and just as hard to sleep after." — Anne Morrow Lindbergh.



~By Cover2cover Club
Dr Churag Rudakia



TRAVEL Blog



And...just like that I am back in the mountains, after all my failed attempts of planning a trip to the beach. It has never been like "The mountains are calling and I must go" for me. But after every trip to the mountains I end up admiring my destiny a bit more.

Dharamshala-The home of Dalai Lama is a wonderful place situated in Himachal Pradesh. My trip started from McLeod Ganj, a scenic suburb of Dharamshala known as "Little Lhasa" of India. Just as my car entered the small streets I felt a soft breeze of peace. It had the prettiest little houses and clean narrow streets. My car took turns and went to the heights and despite my severe motion sickness the view didn't disappoint at all.

Next day, my exploring began with St. John in the Wilderness, an Anglican church established in 1852. It was a place of worship for British soldiers and civilians during the colonial era. It's situated between the dense forests and often described as "hauntingly beautiful" as it is surrounded by old colonial-era graveyard.

The next stop was Naddi view point which offers panoramic, unobstructed views of the snow-capped Dhauladhar mountain range, the lush Kangra Valley and nearby villages.

Then I visited The Dalai Lama Temple which is a peaceful place that embodies the essence of Tibetan Buddhism, with beautiful statues and intricate details. People there are the sweetest. I explored the streets of McLeod Ganj packed with shops selling woolen garments, Tibetan souvenirs, and authentic cafes. And the Momos were a must.

From there my car took a turn to Bhagsu Waterfalls located near the famous Bhagsunag Temple. In front of the temple lies a large sacred pool (kund) fed by a perennial natural spring. Bhagsunag Temple and Waterfall beautifully combines ancient spiritual significance with refreshing natural scenery. The trail to the waterfall is well-marked with some stalls, small cafes where I enjoyed a cup of luscious hot chocolate with the perfect view of the fall and valleys and that's where I met some of my cutest furry friends.

Being a cricket lover, I had to end my trip to Dharamshala by visiting the Himachal Pradesh Cricket Association Stadium. The Himalayan views surrounding this cricket stadium are genuinely stunning. I mean how can you not score a 100 with such a beautiful mountain backdrop in front of you?





TRAVEL Blog



The next stop was Dalhousie. A charming hill station known for its breathtaking natural beauty with all the tall pine trees and mountains, pleasant climate, and peaceful atmosphere. Established during the British era, the town still carries colonial-style architecture that adds to its old-world charm. The town seemed like a perfect place for Vampire's habitat!!!

Gandhi Chowk is the most lively place in Dalhousie. Surrounded by beautiful colonial-era buildings and churches, cafés, shops, and local markets, it serves as the main hub. Located at a short distance from Dalhousie town, Panchpula is known for its cool breeze, tall pine trees, and soothing sound of flowing water. It is also historically important because it has a memorial dedicated to freedom fighter Sardar Ajit Singh.

And then it was finally the time for the last and the most awaited destination of the trip.

Khajjiar, often referred to as the "Mini Switzerland of India". At the center of the lush green meadows lies a small lake surrounded by dense cedar forests. The houses in Khajjiar are mostly built in traditional Himachali style, with wooden roofs, stone walls, blending perfectly with the stunning surroundings. I was pretty sure about my retirement plan by now, away from all the chaos of this fast city life here.



Maybe this journey was about finding that quiet little place within myself – the one Rumi once spoke of:

यहां से बहुत दूर, सही और गलत के पार, एक मैदान है.. मैं वहां मिलूंगा तुझे

**~AARYAA
BRAHMBHATT (INTERN)**

Movie review!!!

Eternal Sunshine of Spotless Mind

Movie review

I was never the kind of person who reached for romantic films. Give me time travel, alternate realities, existential dread wrapped in science fiction—and I'm sold. Love stories always felt predictable. Too polished. Too certain of themselves. They tend to know what they are before they've even begun, moving confidently toward resolutions that feel more like formalities than truths.

So when someone who actually knows cinema insisted I watch this, I went in almost defensively. I was ready to pick it apart. Ready to say, see? Not my thing.

What disarmed me wasn't the romance—it was the premise. The terrifying, quietly beautiful idea that you could erase someone from your mind entirely. Surgically remove the weight of loving them. Clean slate. Fresh start. It sounds like relief, and the film lets you believe that for a while. But somewhere in the unraveling, it starts to ask a harder question—not can you forget someone, but what does it mean that you'd want to? And then, even harder: what does it mean that even with all that technology, all that clinical precision, something in you still resists?

The film doesn't feel like a story being told. It feels like a memory misbehaving.

The non-linear structure throws you off balance at first. You spend the early minutes assembling pieces rather than feeling them, and there's a real risk the film loses you there—holds you at arm's length right when it should be pulling you in. But that disorientation is almost the point. Memory doesn't move in straight lines. It doesn't present itself in order of importance or chronology—it surfaces in fragments, in feeling, in the things you least expect to have held onto. Once you stop fighting the structure and surrender to it, the emotional weight of what's being lost lands harder than any conventional telling could have managed. The chaos earns itself.

Jim Carrey disappears into Joel in a way that's genuinely easy to overlook, which is its own kind of achievement. He's restrained, interior, almost invisible—a man who feels everything quietly and reaches for nothing. It's the kind of performance that doesn't announce itself, which means it sneaks up on you. Winslet's Clementine is harder to hold, and deliberately so. She's unpredictable the way real people are—not the way characters usually are, where unpredictability is just a trait, a quirk assigned to make someone interesting. She surprises you because she's alive in the role, not because the script decided she should. Their dynamic doesn't feel constructed. It feels true—neither idealized nor dissected, just two people misunderstanding each other, hurting each other, drifting and returning and repeating patterns they can't quite name.

Visually, the film moves like a dream you're trying to hold onto after waking. Spaces collapse mid-scene. Familiar rooms hollow out. Faces blur at the edges while emotions stay sharp—too sharp, sharper than the images themselves. It uses mostly practical effects, environments that physically deteriorate around the characters, which gives the surrealism a strange groundedness. It doesn't look like a computer's idea of a dissolving mind. It looks like something genuinely coming apart. There's a melancholy to the whole visual language that never tips into self-pity—it stays intimate, close, almost claustrophobic in the best way.

The supporting thread—the Lacuna employees and their own quiet entanglements—adds thematic texture that the film arguably doesn't give enough room to breathe. These are people orbiting the same question from different angles, and there are moments when their story threatens to become just as interesting as Joel's. It doesn't quite get there, and you feel that absence. But even underdeveloped, it widens the film's lens—reminding you that this isn't just one couple's problem. The impulse to erase, to undo, to start over without the damage—that's not particular. That's human.

And maybe that's what the film is really about, underneath all the science fiction machinery. Not memory, exactly. Not even love. But the way we keep choosing things we already know will hurt us—and the strange, stubborn grace in that.

The part that stayed with me wasn't the concept, or the visuals, or even the performances, as good as they all are. It was the ending. Or rather, the feeling of it—that quiet, almost resigned acceptance. No grand resolution. No promise that it'll be different this time. Just two people, knowing what they know, and choosing anyway. The film doesn't tell you that's beautiful. It doesn't have to. It just shows it, and lets you sit with what it means.

I went in expecting to critique a love story.

I came out carrying one.

And I hate to admit this—but this might be exactly the kind of romance I'd been waiting for without knowing it. Not the kind that assures you everything works out. The kind that admits it probably won't, and asks if you'd still show up.

I would. Apparently.

-ASTHA SHAH (INTERNS)

Book review

"We are such stuff as dreams are made on, and our little life is rounded with a sleep."

This Shakespearean tale found its way to me by the hands of my very own friend, a couple months ago, who strongly believed my library needed but a few books that weren't devoted to the last grain in dental sciences, and I knew at once that this was my chance to delve into the old english, post colonial world, one more time.

And truth be told, I hadn't revisited Shakespeare since I was a fifteen-year old enrapt by Julius Caesar

The Tempest, by contrast, tells the story of Prospero, who fines himself marooned on a magical island with his daughter Miranda. Once the rightful Duke of Milan, he was betrayed by his own brother Antonio, then cast adrift at sea, eventually washing ashore. There he lives with Miranda and his two very different servants, Caliban and Ariel

Such an easy read (once you overcome the glorious yet heavy Victorian English. thank you very much), complex characters and an interesting play, yet profound reflecting upon the context of postcolonial world. In Shakespearean times the world was still under European colonization. In this regard, he provides us with an in-depth discussion into the morality of colonialism, including Gonzalo's Utopia and Prospero's enslavement of Caliban.

Postcolonial critics worldwide embraced Caliban as a powerful symbol of the colonized native who is profoundly rooted in his environment, in contrast to the European outsiders who seek to dominate it. Caribbean writer Aimé Césaire reimagined Caliban as a defiant voice of the earth itself, resisting Prospero's "civilizing" magic, while the African perspectives, inspired by Frantz Fanon, saw Caliban's rebellion as part of the violent struggle for decolonization, yet one that never severs his bond with the natural world.

They deeply moved me, moreso than the original text which did prove to be a tad bit underwhelming as the story progressed, providing little to no perceivable depth to secondary characters or how caged Miranda felt in her constricted role, being completely deprived of freedom by her father. Her only duty in his eyes is to remain chaste, in a manner typical of women in a colonial atmosphere.

But two themes out of several in this not so dramatic play that kept me engaged throughout were the freedom Caliban and Ariel strived for and the will of Miranda to stand by her father as his subordinate despite her limitations, and achingly passive role that enraged me no less but women rights hadn't quite knocked the doors of merry old England until long after colonialism had ended so lets just... move on.

Prospero is power-hungry and wants to be the puppet master of the island but the task is too much for him and he has to rely on Ariel and Caliban for a lot of the work. I think Shakespeare was writing a comedy about what happens to those who try to control everything. It never works out exactly as planned As if, and rightly so, poking fun at the age-old curse, you plan the whole script, are overrun by a big bit of chaos, need ten other people to make it work... and somehow, it still goes off-script.

We've all been there. Life has a way of twisting it all, kindness backfires, trust breaks, and suddenly people reveal themselves as Antonio when you least expect. Some days you're almost a Prospero, clinging to control; other days, you're Miranda, wide-eyed and vulnerable, a puppet of the power-hungry, and sometime you're Caliban, fighting fiercely for your freedom and what you know you deserve with your whole soul.

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But whoever you are in that moment, life is but a Tempest a storm that pulls you under, and refuses to let you go until you either rise through it or are broken trying. This book put so much of life into perspective for me. I empathised relentlessly with Caliban on most days when I was reacing and re-reading through the literature, despite it falling flat here and there, the wild imagery and the perspective it built in me was remarkable.

After all Shakespeare is Shakespeare! I would rate it an easy 3/5

Saumya Shukla (final year)



Department of Orthodontics

NATIONAL ORTHODONTICS DAY CELEBRATION

Date and Day: 08-10-2025, Wednesday

REPORT

On 6th March 2026, Department of Orthodontics and Dentofacial Orthopedics, AMC Dental College and Hospital, organized a CDE program on “Clinical Treasure” conducted by Dr. Rupesh Godiawala.

The program was organized with the aim of enhancing the clinical knowledge and practical understanding of orthodontic treatment among postgraduate students and faculty members. The session focused on important clinical aspects of orthodontics, emphasizing practical treatment strategies, case-based learning, and valuable clinical insights useful in day-to-day orthodontic practice.

Dr. Godiawala shared his extensive clinical experience and discussed various topics related to diagnosis, treatment planning, biomechanics, and management of challenging orthodontic cases. The lecture was highly informative, interactive, and well appreciated by the attendees.

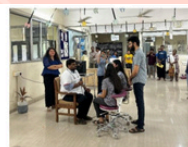
The program provided an excellent academic platform for participants to gain exposure to contemporary orthodontic concepts and improve their clinical approach towards patient care.



Inaugural ceremony



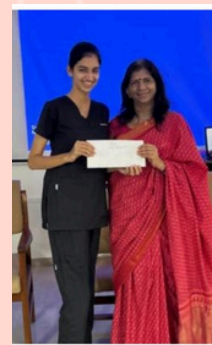
Wire bending competition



Skit Performance
postgraduate students



Slogan competition



Prize distribution

CDE PROGRAM - “CLINICAL TREASURE”

Date and Day: 06-03-2026, Friday

REPORT

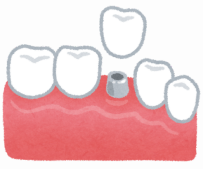
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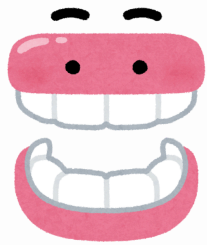
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DEPARTMENT OF PROSTHODONTICS



Face Painting Competition

Department of Prosthodontics and Crown & Bridge, AMC Dental College and Hospital, Ahmedabad organized Prosthodontics Week Celebrations on with great enthusiasm. The event aimed to reach a wide section of the general population and raise awareness about prosthodontics, its importance in oral health, and modern dental care. Various activities including a rangoli competition, skit performances, patient education programs, flash mobs, podcasts, community outreach programs, sample distribution, reel competitions and informative sessions were conducted with active participation and enthusiastic engagement.

National Prosthodontics Day, observed annually on 22nd January across India, aims to create awareness about Prosthodontics, a specialized branch of dentistry concerned with the replacement of missing or damaged teeth. The specialty plays a crucial role in restoring oral function, esthetics, and overall quality of life through treatments such as complete and partial dentures, crowns and bridges, and dental implants.



Treasure Hunt Competition

In observance of National Prosthodontics Day 2026, an awareness camp was organized on 21st January, 2026 at Ishwar Krupa Vriddhashram, Maninagar, Ahmedabad by the Department of Prosthodontics and Crown & Bridge, AMC Dental College & Hospital, in collaboration with the Department of Public Health Dentistry.

An awareness lecture was conducted to educate the residents about the scope and importance of Prosthodontics and the role of prosthodontists in comprehensive dental rehabilitation. Patient screening and diagnosis were carried out for enrolment in the Single Day Complete Denture Program, scheduled to be held on 26th February, 2026.

Patients were informed about various prosthodontic treatment modalities using audio-visual aids, and detailed instructions regarding denture care and maintenance were provided.



Community Outreach Program – Old Age Home, Ahmedabad
Registration for 'Denture In A Day'

SUTURE.HEAL. REPEAT

ORAL SURGERY



A CDE program "Step into the world of research" was carried out on 17th February 2026.

The program aimed to introduce participants to research fundamentals, methodology and the importance of evidence-based practice in dentistry. The event included expert lectures and interactive discussions focusing on research design, scientific writing and clinical research applications.

Undergraduate students, interns and postgraduate students actively participated in the sessions. The CDE program successfully enhanced participant's awareness of research concepts, encouraged academic curiosity and motivated students to engage in research activities. Positive feedback highlighted the relevance and practical value of the sessions.

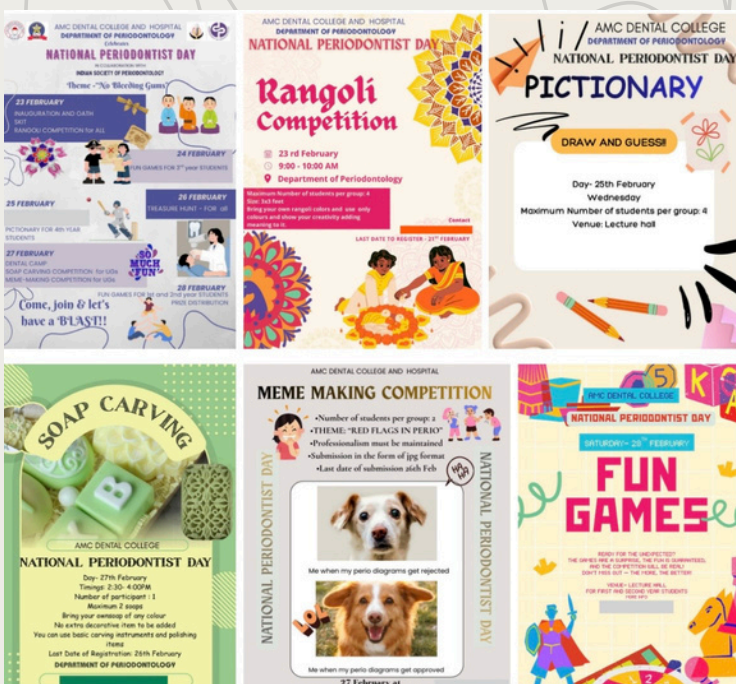


Clinic

NATIONAL PERIODONTIST DAY

The National Periodontist day is celebrated annually on 23rd February to raise awareness about gum health. The Dept Periodontology at AMC had a week long celebration for students to participate and engage into different events.

The day started with an oath, reinforcing the professional commitment toward periodontal care and patient awareness. A captivating skit was performed highlighting the consequences of neglecting gum health followed by a rangoli competition open to all. What followed was a variety of events like pictionary, where the 4th students were tested on the subject knowledge by means of images and visual cues, a treasure hunt to induce adventure and excitement among the students. On 27th Feb, a dental camp was set up as a part of community outreach and to raise periodontal awareness. The next day included light hearted activities like soap carving and meme making competition followed by grand prize distribution to the winners. The entire program reflected the department's dedication to promoting periodontal awareness, encouraging student involvement, and strengthening professional unity



Be kind to your patients,

But be ruthless with your diagnosis .

National Oral Pathologist Day

The National Oral Pathologist day is celebrated on February 25 across India every year to commemorate the birth anniversary of Dr. HM Dholakia, also regarded as the Father of Oral Pathology .



AMCD had its own way of honouring the tradition. It started with a skit presented themed on a viva room setup and students showcased the challenges one faces around learning and how they tackled it in their own peculiar ways. The students of 3rd and final years had the task of making e-posters. They displayed their comprehensive understanding of the subject through beautiful posters. The judge panel was graced by Dr Bhadra Ma'am, Dr Bela Ma'am and Dr. Kinnari maam, who gave their insights on their projects.

The world of pathology speaks to you in pink and purple.

H&E becomes a staple part of college journey whether it's journals or slides.

The H&E origami competition had students using the same tools on their creative expressions. Students with their sharp eye and dextrous skills made it hard for the judges to evaluate the entries. This was an integration of two worlds and it came out looking as remarkable as intended.



INTERNATIONAL WOMEN'S DAY

Women
have
No Limits

International Women's day

A few days later the department celebrated the international women's day on 8th march in collaboration with Indian Society of Periodontology at Sheth LG Hospital which shined light upon women's oral health across their life cycle.

On 5th March, a dental check-up camp was planned at Dept of OBGYN at LG Hospital to examine the dental status of the women coming to the hospital. Women's day tells women to take better agency in their lives. To be a sailor of your own ship, you must know every corner of that ship. Dr. Chandni Patel and Dr. Khushboo Desai educated us with effects of periodontitis on pregnancy and importance of daily oral routine, i.e. proper brushing techniques. On 9th March, UG students expressed gratitude towards the multitasking teaching and non teaching staff through an elegant rangoli. The function was graced with traditional Bharatnatyam by our talented staff and post graduate students. It concluded by a motivating speech from Dr bhavini shah on the very motto of this event, Give to Gain. These events foster community, equality and stronger networks for women as it is rightly said, "Empowered women empower women"



WOMEN'S DAY CELEBRATION

Date and Day: 09-03-26, Monday

REPORT

The International Women's Day celebration was organized on 9th March 2026 by the Department of Orthodontics and Dentofacial Orthopaedics, under the Women Development Cell at AMC Dental College and Hospital, with enthusiastic participation from women faculty members, nursing, admin staff, and postgraduate students. Aligned with the theme of this year "Give to Gain," the celebration promoted the spirit of sharing knowledge, encouragement, and positivity to foster collective growth and empowerment.

The event was honoured by the presence of our esteemed Dean, Dr. Dolly Patel, who addressed the gathering with her inspiring and encouraging words, emphasizing the strength, dedication, and achievements of women in all spheres of life. The program began with a warm welcome by Dr. Roopal Patel, followed by a graceful prayer dance by Dr. Kinnari Shah, Dr Vishwa Patel and Dr. Heli Mehta, that created an uplifting and vibrant atmosphere.

The entire event was gracefully moderated by Dr. Bhagyashree Desai and Dr. Kinnari Shah. The beautiful adornments and technical arrangements were done meticulously by Dr Sheron Gamit, Dr Surina Sinha, Dr Ahuti Shah, Dr Sejal Patel and Interns of the Dept of Orthodontics which made the smooth flow and commencement of the entire event possible.

The cultural segment included a heartfelt poetry recitation by Dr. Ashish Kaur along with melodious vocals by Dr. Anjali Kothari and Dr. Rutu Shah, which were thoroughly enjoyed by the audience, followed by a vibrant dance performance by the postgraduate students, which added energy and enthusiasm to the event.

An interactive quiz conducted by the moderators, on identifying dental departments, renowned women personalities, and dentistry-based fun riddles brought enthusiasm and active participation from the attendees. The quiz was judged by Dr. Roopal Patel.

The event featured insightful talks by distinguished speakers Dr. Bansri Mahadevia and Dr. Bhavini Shah. Dr. Bansri Mahadevia, founder of BTheChange Clinic, a premier aesthetic and wellness centre in Ahmedabad, delivered an inspiring talk highlighting self-care, confidence, holistic wellness, and women empowerment through personalized healthcare and positive self-growth.

Dr. Bhavini Shah, Clinical Microbiologist and founder of Supratech Micropath Laboratory, addressed the audience with a motivational talk emphasizing leadership, innovation, women empowerment, and the importance of determination and confidence in achieving professional and personal success.

The program concluded on a memorable and joyful note, celebrating the spirit of womanhood by vote of thanks from Team Orthodontia.



Address by the Dean, Dr. Dolly Patel



Dance performance



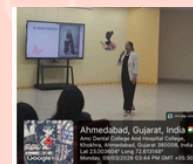
Poetry recitation by Dr. Ashish Kaur



Vocals by Dr. Anjali Kothari and Dr. Rutu Shah



Interactive Quiz



Inspirational talks by Dr. Bansri Mahadevia and Dr. Bhavini Shah



Touch and Feel Composites

Session 2026

The department of Conservative Dentistry and Endodontics, AMC dental College and Hospital, on 13th March 2026 hosted a touch and feel interactive session on the newer products available in the market and explaining their usage with a live demo.

It was intended to help take proper treatment decisions and help update the knowledge about latest modalities.

The hands on session helped the participants to learn about the methodology and right practice of using the products. The seminar helped strengthen the theoretical knowledge as well as learn from live mentors

The session inspired students to upgrade the treatment with newer modalities and live training of the selection. The wide variety of materials and their material science were explained in a simple and experimental manner which enhanced learning experience.



DEPARTMENT OF PERIODONTICS

from awareness to action

WORLD ORAL HEALTH DAY 2026

On the occasion of World Oral Health Day 2026, the Department of Periodontology at AMC Dental College & Hospital successfully organized an Oral Health Awareness Program on 20th March 2026 within the college campus for patients and visitors. The event witnessed enthusiastic participation from individuals across various age groups, reflecting a growing awareness regarding the importance of oral health and preventive dental care.

The program featured comprehensive oral health check-ups along with personalized guidance on maintaining optimal oral hygiene practices. A special Oral Hygiene Maintenance Oath was administered by the esteemed Dean, Dr. Dolly Patel, encouraging participants to adopt and sustain healthy oral care habits in their daily lives. To further reinforce these practices, toothbrushes and toothpaste samples were distributed among the attendees.



As part of the celebrations, a Continuing Dental Education (CDE) session was also conducted for undergraduate and postgraduate dental students to enhance professional awareness regarding oral cancer screening and contemporary research opportunities in dentistry. The academic session included insightful lectures on:

- 1. Research Opportunities for Dentists — by Dr. Rakesh Rawal*
 - 2. Integrating Oral Cancer Screening into Daily Dental Practice — by Dr. Shankti Singh Deora*
- Overall, the program served as a meaningful initiative to promote preventive oral healthcare, encourage screening practices, and highlight the significance of oral health in achieving overall well-being.*
-

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

"ORAL HEALTH:THE GATEWAY TO OVERALL WELL BEING"

Every year World Oral health day is celebrated on 20th of March which launches a yearlong campaign dedicated to raise global awareness of the issues around oral health and the importance of oral health. This year's theme is "A Happy Mouth is a Happy Life". To celebrate this day The Department of Public Health Dentistry, AMC Dental College and Hospital conducted various outreach activities.

Following the concept of health education and health promotion, various programmes were conducted by the department at the two villages viz. Vaanch and Dhamatwan adopted by the college. The activities involved free door to door dental checkups, awareness about oral hygiene, tobacco cessation and diet counselling for rural people through various models, games, speech and skit.

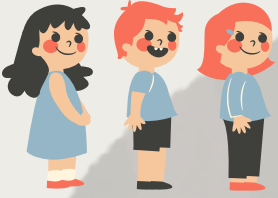
Good dental health is essential for the overall well being of an individual in terms of proper food intake, good nutrition, gut health, proper speech and esthetic confidence.

Emphasis on the prime importance of dental health was reinforced to the people through this outreach programme.

An energetic and knowledgeable speech was given at Dhamatwan village as a part of the activity by the doctors. The people were advised and counselled about various practices on oral hygiene such as brushing twice a day, gargle after meals, correct brushing technique, tongue cleaning, avoid tobacco and related products and also encouraged to biannually visit the dentist. Models and games were also used to counsel the children about good nutrition practices.



DEPARTMENT OF PAEDIATRIC AND PREVENTIVE DENTISTRY



Conscious Sedation Workshop

The Department of Pediatric and Preventive Dentistry at AMC Dental College successfully organised the Conscious Sedation Workshop on 8th April 2026. The lecture session was conducted in the Institutional Auditorium, while the live demonstration and hands-on workshop took place in the Lecture Hall. The academic event was coordinated by Dr. Niyanta Joshi and witnessed enthusiastic participation from final year students, interns, postgraduate students, and faculty members.

The workshop was organised with the objective of enhancing the understanding of conscious sedation and behaviour management strategies in pediatric dentistry. A total of 214 participants attended the guest lecture, while 30 selected registrants participated in the hands-on workshop session and received 3 CDE points along with physical certificates.

The highlight of the event was the guest lecture delivered by Dr. Aum Joshi, who provided valuable insights into nitrous oxide conscious sedation. The lecture focused on drug delivery systems, pharmacokinetics, safety protocols, behaviour management techniques, and the practical ease of using nitrous oxide in clinical settings. The session aimed to deepen participants' knowledge and help them confidently manage anxious pediatric patients in dental practice.

Following the lecture, a live demonstration of the conscious sedation procedure was performed on a volunteer using the CONSED machine. The demonstration allowed participants to observe the practical application of sedation techniques and understand the procedural workflow in detail.

The hands-on workshop further enriched the learning experience. Participants were divided into two groups – one group learnt about the parts and functioning of the CONSED machine under the guidance of the CONSED engineer, while the second group received training in the selection and attachment of nasal hooks and apparatus on mannequins under the supervision of Dr. Aum Joshi. The groups later exchanged sessions to ensure comprehensive exposure to all aspects of the procedure.

The workshop was designed not only to impart technical knowledge but also to instil confidence in participants regarding advanced pharmacological behaviour management techniques. The event emphasised the importance of maintaining professionalism while ensuring a positive and anxiety-free dental experience for pediatric patients.

The program concluded with an interactive one-to-one discussion session where participants clarified their doubts with the guest speaker and experts. The event ended on a memorable note with certificate felicitation of all workshop registrants, marking the successful completion of an insightful and educational academic program.



ORAL MEDICINE & RADIOLOGY DAY

2026



UG students competing in quiz



Clinical Oral Examination (COE) & VE



Awareness camp

The Department of Oral Medicine and Radiology at AMC Dental College and Hospital celebrated Oral Medicine and Radiology Day on 24th April 2026 with an inspiring blend of awareness, academics, and community outreach. The event brought together faculty members, interns, and students from the third and final year, creating a day dedicated to learning beyond classrooms and clinics.

The celebration began with an engaging awareness skit performed by the intern doctors in the OPD foyer area. Through creative storytelling and impactful messages, the skit highlighted the importance of early detection and prevention of oral cancer, successfully capturing the attention of patients and visitors alike.

Adding to the spirit of service, the department organized an oral cancer awareness and screening camp using VELscope technology for the identification of suspicious oral lesions. Around 175 patients were screened during the camp, reflecting the department's commitment towards public health and preventive dental care.

The academic segment of the day focused on enhancing clinical understanding among students. Third-year undergraduate students attended an informative session on "Red and White Lesions," where they explored various diagnostic perspectives and clinical presentations. Simultaneously, final-year students enthusiastically participated in a quiz competition on "Forensic Odontology," making the learning process interactive, competitive, and intellectually stimulating.

The event stood as a perfect example of how dentistry extends beyond treatment — into awareness, education, and community responsibility. Oral Medicine and Radiology Day 2026 was not just a celebration of the specialty, but a reflection of the department's dedication towards academic excellence, patient care, and holistic learning.





ENAMEL ESCAPE WEEK

*celebrating talent, creativity, and
unforgettable moments together*



Brag Board

Bridging Dentistry & Innovation



AMC Dental College & Hospital proudly marked a milestone by signing a Memorandum of Understanding (MoU) with Gujarat Biotechnology University, Gandhinagar. This collaboration opens new avenues for research, innovation, and advanced learning, empowering students and faculty with access to cutting-edge biotechnology facilities. A step forward towards blending dental science with modern research for a brighter future in healthcare





Brag Board



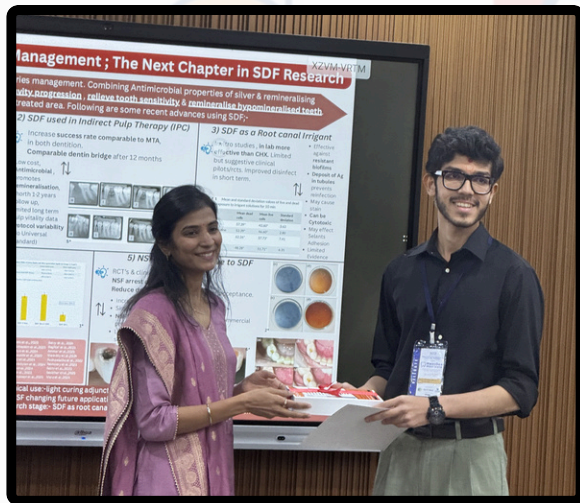
Triumph in Perio Quiz



Bringing laurels to AMC Dental College & Hospital, **Dr. Krishna Shah** and **Dr. Rajat Gajjar** from the Department of Periodontology secured First Prize at the National Perio Quiz Competition held during the 24th ISPI Mid-Year Convention, April 2026. Competing among 52 teams from across the country, their remarkable achievement reflects academic brilliance, teamwork, and dedication to excellence in periodontology.



Poster Presentation Excellence



Adding another feather to the cap, **Prabhav Patel** was awarded the Best E-Poster of the Session at the scientific session of NextGen Pedo-Vista, organized by the Department of Pedodontics & Preventive Dentistry at Ahmedabad Dental College & Hospital. This achievement reflects innovation, scientific insight, and dedication towards academic excellence in the field of dentistry.



Brag Board

National Recognition for Excellence



Ms. Vaidya Vishwambhara, a third-year undergraduate student, brought pride to the institution by receiving the prestigious Dr. R. Ahmed National Student Award presented by the Indian Dental Association at the World Dental Show, Mumbai. Recognized for cultural excellence and academic dedication, she stands among the few students from Gujarat to receive this distinguished national honor.

Creativity Meets Precision

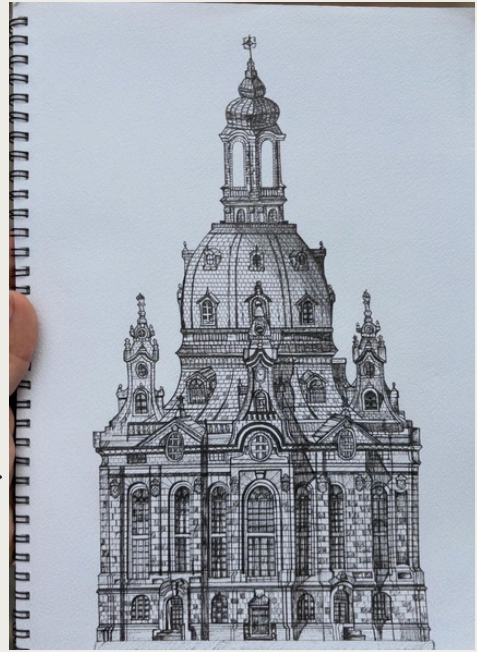


Showcasing artistic talent and attention to detail, Toshi Aditi secured a winning position in the Origami Competition organized by the Department of Oral Pathology & Oral Microbiology on the occasion of National Oral Pathologists' Day 2026, reflecting creativity beyond academics.

Palette of Perspectives



Held in softer hands
- Astha Shah (Intern)



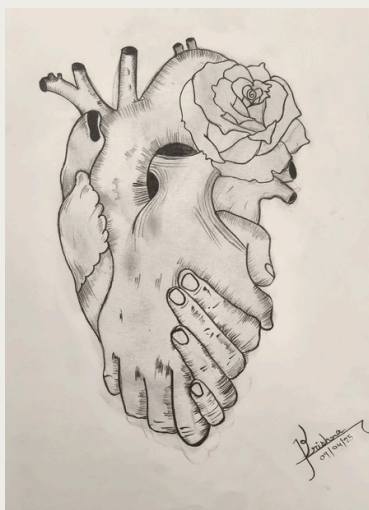
Suchi Dobariya
3rd year



Nishka Trivedi
2nd Year



Jiya Tailor
2nd Year



Krishna Patel
3rd Year





The Art of Cooking

mystic Indigo ravioli

—mahi Dantrolia



Soft homemade ravioli filled with a flavorful mixture of spinach, cheese and sweet corn, seasoned with chilli flakes and oregano, and served in a bold and tangy Arrabbiata sauce. This dish brings together creamy fillings and spicy Italian tomato sauce for a perfect balance of taste and texture.

Ingredients

For the Ravioli Dough

- 1 cup all-purpose flour
- blue pea flowers
- 1 tsp olive oil
- A pinch of salt
- Water (if required)

For the Filling

- 1 cup spinach (finely chopped and blanched)
- ½ cup sweet corn (boiled)
- ½ cup grated cheese
- ½ small onion (finely chopped)
- ½ tsp chilli flakes
- ½ tsp oregano
- Salt to taste
- 1 tsp butter or olive oil

For the Arrabbiata Sauce

- 1 cup tomato puree
- 2-3 garlic cloves (finely chopped)
- 1 tbsp olive oil
- ½ tsp chilli flakes
- ½ tsp oregano
- Salt to taste
- A pinch of sugar (optional)
- Fresh basil leaves or coriander for garnish

Method

1. Prepare the Ravioli Dough

1. In a bowl, combine flour and salt.
2. blanch the blue pea flowers and use the blue water for kneading
3. Add olive oil and knead into a smooth dough.
4. Add a little water if needed.
5. Cover the dough and let it rest for 20-30 minutes.

2. Prepare the Filling

1. Heat butter or olive oil in a pan.
2. Sauté chopped onion until soft.
3. Add spinach and boiled corn and cook for 2-3 minutes.
4. Season with chilli flakes, oregano and salt.
5. Turn off the heat and mix in grated cheese.
6. Allow the mixture to cool completely.

3. Shape the Ravioli

1. Roll the rested dough into thin sheets.
2. Place small portions of the filling on one sheet leaving space between each portion.
3. Cover with another sheet of dough.
4. Press gently around the filling to seal and cut into square or round ravioli shapes.

4. Cook the Ravioli

1. Bring a pot of salted water to a boil.
2. Add the ravioli and cook for 3-4 minutes or until they float to the surface.
3. Remove carefully and set aside.

5. Prepare the Arrabbiata Sauce

1. Heat olive oil in a pan and sauté chopped garlic until fragrant.
2. Add tomato puree and cook for 5-6 minutes.
3. Season with chilli flakes, oregano, salt and a pinch of sugar if needed.
4. Simmer until the sauce thickens slightly.

6. Final Assembly

1. Add the cooked ravioli to the Arrabbiata sauce and gently toss.

Broccoli-Almond Soup



4 servings



20 minutes

INGREDIENTS

- OLIVE OIL - 2 TBSP
- ONION - 1 Whole
(ROUGHLY CHOPPED)
- GARLIC - 5-6 CLOVES
(SLICED)
- CELERY - 2 STALKS
(ROUGHLY
CHOPPED)
- HOT WATER - 1 LITRE
- ALMOND - 18-20 NOS.
(ROUGHLY CHOPPED)
- BROCCOLI - 250
GRAMS
- STOCK - AS REQUIRED
- SALT & PEPPER - TO
TASTE ➡



DIRECTIONS

- Set a deep pan over high flame
- Once Hot, add in the olive oil & let the oil heat up as well.
- Add Onion, Garlic & Celery & saute over high flame for 2 minutes.
- Add Hot water, Salt & Almonds & bring the water to a Boil.
- After 1 roaring boil, add the Broccoli.
- Cover & cook over high flame until the broccoli becomes soft & tender.
- Turn off the flame & strain the mixture using a sieve.

Imp Tip : Make ake sure to reserve the Stock, let the mixture & the stock cool down to room temperature.

- Once cooled, add the Broccoli mixture into a mixer grinder jar along with stock & blend it into a semi thick fine Puree.
- Strain the Puree into a deep pan on High Flame, stir well to check the consistency (Add more stock as required to keep the consistency as required).
- Bring the soup to a Simmer, Taste & add salt & black pepper according to your taste preference.

-Your quick, delicious, healthy & vegan broccoli almond soup is ready.

-Drizzle some fresh Cream and Croutons (Completely Optional)

& Enjoy 😊

-ZALAK PATEL
INTERN

Literature corner

Paint Job

"दीवारों के भी कान होते हैं", I'd like to think they are good listeners. They have stood there for years, irreplaceable. They know everything about me, from having tasted the food with me, how the punches didn't land right, the messy drawings.

The cracks tell me how old they are, we tried coating them, blurring their vision, but they remember. They remember the conflicts, where only one side spoke, the other waited, still waiting. The heartbreaks, when the big house couldn't hold the family of three, Cold wars, when the dinner table ate in silence, Celebrations, when the night couldn't seem to end, house too noisy, food and drinks for everyone, when the fortune didn't matter anymore.

Remember the first birthday? I know we still look at those old photos, the small house could easily manage that big of an audience, your latest birthday wasn't that bad. We tried to make it the best. Its just how we think. Reminiscing isn't bad, but nostalgia- that seems heavy, like present is not good enough for the past, a gap you could never bridge.

My kitchen ceiling has tasted the "तड़के वाली दाल", grease stains tell me. They know the complete effort going into the cooking just to hear "नमक कम है".

My rooms walls know me well. They know what type of music I listen when the homies ain't around, how I dance to my music, others don't know that. How we pose in front of the mirror like a champ before starting with day. We feel most free in these closed quarters.

You know in the movies how the character sits close to the wall in crisis or a breakdown, he needs support, walls are strong, grounded figures in our lives. The walls have always been there. They know why you shut the door, shut people off. They want to pat you on the back for the progress, on how far you've come, closer to yourself.

Anyways we are getting a paint job so I have to pack my stuff.

~Pratham Jain(1st year)

जाने देते हैं ना!

जाने देते हैं सारे गिले-शिकवे जो मन में भर रखे हैं। आजकल पल भर में ज़िंदगी बदल जाती है। ना वक़्त का भरोसा है, ना इंसान की उम्र का। तो ठीक है ना, छोड़ देते हैं उन बातों को जो बोझ बन गई हैं।

कब तक यूँ ही एक बात को नफ़रत में बदलते रहेंगे?

जब इंसान ही नहीं रहेगा तो क्या करेंगे उस उलझे हुए रिश्ते का?

जब तक जी रहे हैं,

सुलझा लेते हैं इस रेशम के धागों को,

भुला कर सारी कहानी, एक नया अध्याय फिर से लिखते हैं।

और लिख के ले लो –

जब कल तुम्हारे आखिरी साँस लेने का वक़्त आएगा,

जब तुम्हारी ज़िंदगी तुम्हारे आगे दम तोड़ने लगी होगी,

तब ये मलाल हर वक़्त तुम्हारे साथ रहेगा,

तुम्हारा दिल ये कश्मकश आखिर कब तक सह पाएगा?

तो अगर आखिरी वक़्त पता ही नहीं,

तो नज़रअंदाज़ कर देते हैं ना सारी बुरी यादों को।

ज़िंदगी के सफ़र में कई लोगों के हाथ छूट ही जाएँगे,

कुछ भी कर लो, फिर ये लोग तुम्हें नहीं मिल पाएँगे।

जब लोग गुज़र ही जाएँगे तुम्हारी ज़िंदगी से,

तो उनकी यादें ऐसी रखो जो तुम्हारी ख़ुशी की वजह बन जाएँ।

याद कर इन लोगों को, तुम्हारे चेहरे पर एक हसीन मुस्कान आ जाए।

-Astha Shah (intern)



Literature corner

"All time ever does is pass and all I ever do is remember" – remember the nothings in everything and everything in nothings. Time teaches me to live in the flawed paradoxical present because if all that I have is all that I am then I will never be what I am again and the general half-agonised half-scorned smithereens of change haunts me .

I can trade my words for silences but never my heart for smiles lest they resonate with the so(m)ber reverberating yelp that rings inside every breathing thing that lives inside me and mistake it for a melancholic music meant to mend their maim. I have lived enough life in my years to calculate the length of lone and the longing and know how the exact distance between them is directly proportional to the depth of dearth dug inside the doubts. Pain outlives people by several years and I wish I could say that love overpowers the loss but no amount of hope can pierce the hollow hell hurt has created inside the cracks of chiseled chests.

Love and heart are metaphors for life I believe, and as long as you continue having them both, you are doing just fine but can somebody teach how to survive the exceptions, just in case they are mutually exclusive to each other?

And I am not saying anything about love, Loving is no sin my dear, it is the sun of your life, only if done with compassion and courage. Love is for the big hearts stubborn enough to brave the battles of the breath.

~Dhriti Shah(Intern)

Through the lens of fading photograph

And soon you press that one click
So that moment stays just perfect as it is
And another blink
One moment you cherish other you miss

Slowly the moment becomes what you crave
To have it just one more time
But "specials" are the only one meant to save
As too much staring might steal it's quite shine

As time goes by
Emotions roll over you
Some days you smile some days you cry
Some noons there's someone your heart runs to

Soon it makes its way to your albums
To re stare once in a year
But some reach to that sandook
That stays always in your heart

~Tvisha



Meet Our Team

who turned ideas into pages worth remembering



Aarya Brahmbhatt

- Editor in chief
- Writer
- Inquisitive
- Bookish



Dhriti Shah

- Ambivert
- Writer
- Creative
- Travel Enthusiast
- Empath



Prabhav Patel

- Geeky
- Nerdy
- Curious
- Strategist
- Explorer



Astha Shah

- Unfiltered
- Jack of all!
- Hyperactive
- Butterfingers
- Indecisive



Stuti Nahar

- Designer
- Ingenious
- Charismatic
- Goalgetter
- Witty
- Epicurean chef



Ramya Vyas

- Writer
- Radiant
- Assertive
- Wanderlust
- Devout



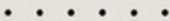
Heer Chag

- Designer
- Whimsical
- Artistic
- compassionate
- Ambivert



Saumya Shukla

- Writer
- Bookish
- Illustrative
- Perceptive
- Curious
- Lore-core





Rachit Upadhyay

- Writer
- Musicophile
- Learner



Suchi Dobariya

- Designer
- Wanderlust
- Artistic
- Rhythmic
- Adventurous



Vihaan Shab

- Designer
- Expressive
- Curious
- Ambivert
- Passionate



Pratham Jain

- Writer
- Intuitive
- Quirky
- Quick-witted