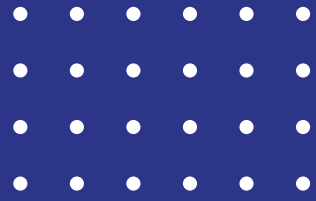




LAHORE
MEDICAL & DENTAL
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DENTAL CHATTER

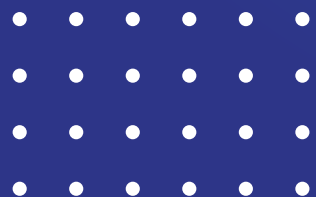


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LAHORE
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Editorial Panel



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Liaqat
Team Member



Dr. Maleeha
Mustafa
Team Member



Dr. Syed Hussain
Al Hussaini
Team Member

Editorial

Dear Students,

We are thrilled to bring out our first official dental newsletter which promises loads of fun features, news, and stories about our community members.

As we dive into another exciting year, we reflect on our beloved institution's achievements, milestones, challenges, and future prospects. In terms of academic excellence, our college continues to shine. Securing back-to-back university positions is a testament to our academic strength. Our faculty members, renowned experts in their respective fields, have been instrumental in shaping the future of dental education through their innovative research and teaching methods. We are privileged to have such distinguished individuals guiding and inspiring our students on their educational journey.

Speaking of students, we are delighted to celebrate the accomplishments of our graduating class. Despite the many challenges, our students exhibited resilience and adaptability, ensuring they received a comprehensive education. We congratulate each graduate for their hard work and determination, and we do not doubt that they will contribute significantly to the dental profession.

We have an exciting lineup of events and activities planned ahead. Our Dental conference, an annual gathering of dental professionals and researchers, will take place in October. This event promises to be a fantastic opportunity for networking, knowledge exchange, and staying up to date with the latest advancements in dentistry. This conference will bring together dental professionals from across the world. We encourage all students to actively participate and make the most of this valuable opportunity to connect with dental experts and gain insights into the latest innovations in our field.

In the spirit of community outreach and service, our institute has organized free dental clinics for underserved populations. Our students and faculty volunteer their time and expertise to provide much-needed dental care to those who may not have access to regular oral health services. It has been a tremendous success, underscoring the profound impact we can make by giving back to our communities. Through this initiative, we were able to make a meaningful impact on the oral health of those who otherwise may not have had access to such essential services. We are immensely proud of our community's dedication to serving others and embodying the true spirit of dentistry.

Lastly, we encourage everyone to engage with our dental school's social media platforms and website. These platforms serve as a hub for news updates, and important announcements, and a space to celebrate the accomplishments of our students, faculty, and alumni. Your active participation in these digital spaces helps foster a sense of community and strengthens our collective bond.

As we move forward, let's continue to support one another, celebrate our successes, and embrace the challenges that lie ahead. Together, we can uphold the highest standards of dental education and make a lasting impact on the lives of our patients and communities.

Wishing you all a successful and fulfilling year ahead.

Sincerely,

Junaid Israr Ahmed Khan

Editor-in-Chief, Dental School Newsletter

ANNUAL COMPETITION

FINAL YEAR BDS 2022

The Department of Oral and Maxillofacial Surgery, LM&DC has contributed to various academic and clinical accomplishments, under the most skilled and compassionate supervision of Professor Aqib Sohail.

The academic activities mainly consist of the Final year and 3rd year BDS teaching and clinical training. The subject of oral and maxillofacial surgery is mainly taught in these two years and is one of the prime subjects of the final professional examination. The faculty of OMFS has been constantly working on various methods of teaching to improve the general understanding of this complex subject for undergraduate students, keeping a keen eye on the overall pass percentage and university standings of the students in this subject.

To improve cognitive skills and clinical problem solving, to encourage logical brainstorming, to enhance communication as well as presentation capabilities, and to make the subject more interesting for the students, the department conducted an annual competition of the Final year BDS.

This competition was divided into critical review/research paper presentations and an annual quiz. The class was divided into 7 groups. All the groups were judged by the senior faculty members and graded on their performance. The best group was rewarded, and a souvenir of appreciation was presented to the winners. Certificates of participation and appreciation were distributed by the head of the department.



CONVOCATION 2022



OPERATIVE DENTISTRY

ACADEMIC QUIZ & PRESENTATION COMPETITION

Operative Dentistry Annual Academic Quiz & Presentations Competition 2022 followed by Prize distribution was held with Team Blue taking the trophy home.

The event was graced by the presence of Dr. Moeen-ud-Din, Prof. Saima Razzaq Khan, and Dr. Anum Fayyaz.



Orthodontic Department Case-Based Learning Activity

January 2023

The Orthodontic department conducted a case-based learning activity with final-year BDS to reinforce the concepts of Diagnosis and Treatment planning. The class was divided into 12 groups. Each group was assigned one clinical case along with a set of questions. The scenarios were developed by the senior faculty members of the department under the supervision of the head of the department, Prof Asma Shafique.

The senior registrars and demonstrators served as mentors and guided the students throughout the activity. The Honorable Principal of Dental College, Prof Aqib Sohail observed the students during the conduct of the session and asked relevant questions. All groups presented their cases, and the presentations were judged by Dr. Usman Zaheer, Dr. Usman Ghani, and Dr. Asad ur Rehman. The cases were discussed at the end by Prof. Asma Shafique.



Common-Core Seminar



19th January 2023

Common -Core Seminar on "Contemporary Management of Gingival overgrowth /enlargement" was presented by Dr Mehak Bokhari of the Periodontology Department. The target audience was the faculty members, demonstrators, house surgeons, and postgraduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited for closing remarks of the lecture; he further elaborated on the topic and highlighted the importance of this topic. The lecture was closed after the Q&A session.

Talk on Dentistry for Medically Compromised Patients

30th January 2023

The Dental College of Lahore Medical and Dental College arranged a talk on "Dentistry for Medically compromised Patients" by Dr. Kashif Hafeez BDS, MFDRCS (Ireland), FFDRCS (Ireland), FDSRCS (Edinburgh), FCGDent (UK) PG Cert Ment Leader & Coach (UK).

The facilitator conducted a very interactive session on the protocol of medical emergencies including diabetes, hypertension, cardiac diseases, liver and kidney diseases, bleeding disorders, and Radiotherapy patients.

He also discussed protocols for the management of medically compromised patients. The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to give closing remarks of the lecture; he further elaborated on the topic and highlighted the importance of this topic in the context of our country. The lecture was closed after the Q&A session.



Dental Docs 2.0

15th November 2022

"DENTAL DOCS 2.0" A project of Dr. Khurram Nadeem (Associate Professor/HOD Oral Medicine & Diagnosis) with 3rd Year BDS students under the supervision and guidance of Principal/Dean Dental College, Prof. Dr. Aqib Sohail.

Dental Docs are a series of public awareness documentaries that are made with the efforts of 3rd-year BDS Students of Dental College, LMDC Lahore. Students are given different topics and they have to work in small groups to make a small video to give a message to the masses. Dental Docs 2.0 is the Second Annual Documentaries-based event arranged by the Department of Oral Medicine & Diagnosis.



From hands-on workshops to informative sessions with our faculty, our new students learned about everything from dental anatomy to patient care and communication skills. They also had the chance to meet their new classmates and begin forging new friendships and professional connections.

Talk on International Replantation: A Last Resort Myth or Reality

17TH FEBRUARY 2023

The College of Dentistry, Lahore Medical and Dental College arranged a talk on "Intentional Replantation: A last resort myth or reality?" by Dr. Nauman R. Chatha, BDS, DDS, MSD, MSc, FRCD(C).

The speaker conducted a very interactive session on the indications of tooth replantation. He also spoke on the importance of timing, i.e., deciding when to do this procedure.

The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. After the completion of the presentation, the house was open for a Q&A session.



SEMINAR

February 2023

A Seminar was held in the College of Dentistry, arranged by the CDE committee from the Department of Oral Medicine and Diagnosis under the supervision of Prof. Dr. Aqib Sohail Principal/ Dean, Dental College.

Dr. Aneela Amjad, Associate Professor in Oral Medicine and Diagnostic department presented on the topic:

"Medicinal management of Trigeminal Neuralgia: An update on recent recommendations and review of the literature".

Details regarding trigeminal neuralgia, its causes, and clinical features were discussed with special emphasis on recent advancements in medicinal management with literature support. The session was concluded by thanking everyone for attending. Prof. Dr. Aqib Sohail Principle/ Dean was requested to kindly conclude the session and for certificate distribution.



Common-Core Seminar

23rd February 2023

Common-Core Seminar on "Nanotechnology & Nanomaterial in Dentistry" was presented by Dr. Fatima Liaquat of the Department of Dental Materials. The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to give closing remarks of the lecture.



Annual Dental Camp 2023

28th February 2023

Department of Community & Preventive Dentistry held its annual Dental camp at Al-Ghani Gardens, phase 1.

The organizing team was headed by HOD Community & Preventive Dentistry, Prof. Dr. Nazli Shujaat in liaison with Prof. Dr. Aqib Sohail HOD, Oral & Maxillofacial Surgery & Principal, College of Dentistry, Prof. Dr. Saima Razzaq, HOD Operative Dentistry, and Prof Dr. Khurram Nadeem, HOD Oral Medicine and Diagnostic Department.

Free Dental Check-ups, ART procedures, and Simple exodontia were carried out at the camp and oral hygiene instructions/ health education messages were given to the patients on the teeth models and in the form of pamphlets.

The Principal Dental College, LMDC, Prof. Dr. Aqib Sohail, and Heads of the Allied Departments graced the event with their presence.

Certificates were later distributed among the participants as a token of appreciation.



Academic Writing

7th March 2023

A webinar on 'Academic Writing' took place at the College of Dentistry, LMDC. The session was organized by the Research Advisory Committee of Dental College, chaired by Prof. Nazli Shujaat, to highlight the importance of academic writing as the backbone of research.

The session was facilitated by Dr Abdul Samad Khan, Associate Professor, Dental Biomaterials, Department of Restorative Dental Sciences, Imam Abdulrahman Bin Faisal University, Dammam, Saudia Arabia. He has a Ph.D. in Material Sciences from Queen Mary University of London, UK. It was an interactive session and Dr Abdul Samad gave a comprehensive account of the steps of article writing and journal submission.

Principal Dental College, Prof. Dr. Aqib Sohail was invited as chief guest of the session. He stressed the importance of academic writing and encouraged the audience to be more actively involved in research work. The session was closed after an interactive question and answer session.



Motivation

Keeping up with the tradition of student counseling and capacity building, a session was conducted by the Department of Dental Education, LMDC on the topic of "Motivation". The session was chaired by Principal/Dean Prof. Dr. Aqib Sohail. It was facilitated by Dr. Muhammad Tauqeer Ehsan, Head of the Department of Dental Education, and co-facilitated by Dr. Fizzah Ali, Demonstrator, DDE.

Dr. Tauqeer Ehsan introduced the Dental Education Department and then talked about the process of motivation, its causes, and its types. He further explained how motivation affects the attitude and behavior of a person and how motivation can be nurtured.



Facial Profiling and its Application in Dentistry

2nd March 2023

A lecture on "Facial Profiling and its application in Dentistry" was arranged by the Operative Dentistry Department. It was facilitated by Dr. Usman Sana (BDS, F.C.P.S Head of Department of Pediatric Dentistry at Azra Naheed Dental College



Russian Delegation

3rd March 2023

A Russian Delegation visited the Lahore Medical & Dental College premises, embarking on a comprehensive and insightful tour.

This visit not only allowed the esteemed members of the delegation to familiarize themselves with our institution but also offered them a firsthand experience of the vibrant academic and campus life we have to offer.



Common-Core Seminar

16th March 2023

A detailed Common-Core Seminar on "Patient esthetic and functional satisfaction with complete denture therapy" was presented by Dr. Mian Muhammad Faizan of the Prosthodontic Department. The session was concluded by thanking everyone for attending. Prof. Dr Aqib Sohail Principle/ Dean was requested to kindly conclude the session and for certificate distribution



Glaxo Smith held a Talk/Presentation on "Sensitivity & Bleeding Gums"

21st March 2023



World Oral Health Day 2023

13th to 20th March 2023

WORLD ORAL HEALTH DAY 2023: BE PROUD OF YOUR MOUTH!

The Department of Community Dentistry arranged this year's World Oral Health Day in collaboration with Shield Pvt. Ltd and in cooperation with the Oral Diagnosis Department from 13th to 20th March. The event ensured free Dental check-ups in OPD and free distribution of toothbrush and toothpaste samples to all patients.



Pre-Conference Workshop

The Oral Pathology department conducted a pre-conference workshop in collaboration with the 2nd International Conference on Oral Pathology on "Early Recognition and Detection of Oral Potentially Malignant Disorders using Exfoliative Cytology".

It was facilitated by Prof. Dr. Sadia Iqbal, Prof. Dr. Momin Ayub, and Dr. Rummana Aqeel. 35 participants (Faculty, postgraduate trainees, house officers, and students) from different institutes of Lahore as well as from other cities showed their presence. The innovative lecture session was followed by Hands-on activity.



Common-Core Seminar "Management of Odontogenic Cyst and Tumor"

13th April 2023

Common-Core Seminar "Management of Odontogenic Cyst and Tumors" was presented by Dr. Hafiz Fawaz Nadeem of (Oral & Maxillofacial Surgery Department). Detailed management protocols were discussed, and cases were presented with follow-up. The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to the closing remarks of the lecture.



Certificate Distribution Ceremony

9th June 2023

A Certificate Distribution Ceremony was held in Lahore Medical and Dental College to celebrate the outstanding performance of 2nd year BDS students for securing 1st & 2nd position in the UHS Second Professional Examination, with a pass percentage of 97.33%.

The ceremony was held under the Patronage of Prof. Javed Asghar, CEO of Lahore Medical and Dental College. Principal Dental College Prof. Aqib Sohail gave a speech to commend the achievements of the students and motivate them to work harder in the coming years and then distributed Certificates of appreciation amongst them. He also congratulated and awarded Faculty members with Certificates of thanks for their efforts and thanked the audience for their participation and invited the faculty and students for lunch.



Common-Core Seminar on Health Services For Differently Abled People

18th May 2023

Common-Core Seminar on "Health services for differently abled people" was presented by Dr. Syed Hussain Al Hussaini of the Community & Preventive Dentistry Department. The common barriers that are faced by differently-abled people and how to overcome these barriers were discussed. The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to give closing remarks of the lecture.



Common-Core Seminar on Prosthodontic Management of Oral Pathologies

15th June 2023

Dental College of Lahore Medical and Dental College conducted the "Prosthodontic Management of Oral Pathologies"

The Presenter discussed oral pathologies about their prosthodontic management in detail, especially those which are mainly presented in the Prosthodontics clinic including, Epulis Fissuratum, Combination Syndrome, Oral Submucous Fibrosis, Ectodermal Dysplasia, Mucormycosis, and Mucoepidermoid Carcinoma. The related cases were taken from the Department of Prosthodontics. Etiology, clinical features, and Prosthodontic management were discussed. The target audience for the seminar was house surgeons and postgraduate trainees. After the completion of the presentation, the house was open for a question-and-answer session. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar. The seminar was closed after the Q&A session



Faculty Development Program

27th June 2023

Keeping up with the tradition of innovative teaching methodologies, the College of Dentistry, LMDC, conducted a 'Faculty Development Program' under the patronage of Dean/Principal, Prof. Aqib Sohail.

The first session was on 'Introduction to Artificial Intelligence' which was started by Dr. Omair Anjum who introduced the concept of Artificial Intelligence in the modern era, the uses of new AI chatbots, and AI's role in modern Medicine. Prof. Momin Ayub then introduced the concept and uses of AI in Dentistry. This was then followed by AI's role in the diagnosis of various pathologies in the Oral Cavity which was conducted by Prof. Sadia Iqbal.

The second session was conducted by Prof. Aneela Amjad on 'Research: Planning and Conducting Clinical Research: The whole process'. She introduced the concept of research and various methodologies to conduct research, especially for fresh graduates and post-graduate students.



MIH. A Condition of The 21st Century? Restorative Management

20th July 2023

The Department of Operative Dentistry of Lahore Medical and Dental College "conducted the "MIH. A CONDITION OF THE 21ST CENTURY? RESTORATIVE MANAGEMENT" The seminar facilitator was Dr. Ahmed Taqui Abbas He talked about Molar incisor hypomineralization (MIH) which is a qualitative enamel defect of systemic origin that affects at least one first permanent molar and can also be associated with permanent incisors. The target audience for the talk was all faculty members, demonstrators, house surgeons, and post-graduate trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to closing remarks of the lecture





MEET THE FACULTY

Educational Background: BDS, FCPS (OMFS), MOMS (UK), MHPE

Achievements: Principal/Dean of Dental College LMDC, ISO Certification of LMDC, Vice President of POMS, Member of AO, Member of the Board of Studies for UHS, Co-convenor of the faculty of CPSP, and member of various committees for PMDC, CPSP and UHS.

I had the honour of interviewing Prof. Aqib Sohail, the distinguished Principal/Dean of LMDC's Dental College. A visionary leader in dental education and innovation, he's dedicated to shaping dentistry's future. With extensive experience, he's been pivotal in fostering academic excellence, research, and comprehensive oral healthcare. In this interview, I hope to offer the readers some insights into Prof. Aqib Sohail's philosophies.

Raised in Faisalabad, Prof. Aqib Sohail's curiosity and interest in medicine developed early. After completing his BDS at Nishtar College, he pursued his passion for surgery, earning FCPS in Oral and Maxillofacial Surgery under the supervision of Prof. Muhammad Saeed and Prof. Adnan Shah at De Montmorency Dental College.

Why did you choose this profession/field?

I chose dentistry due to my fascination with the human body's intricacies. Dentistry offers a unique view of this complexity. It's a noble field that improves lives through oral health and confident smiles, impacting individuals and society.

With a keen interest in psychology, I prioritize understanding patients' minds before treatment. This empathetic approach recognizes their unique experiences and fears, enhancing their treatment experience and overall success.

Tell us a little more about your professional experiences.

After completing my fellowship and gaining further experience, I rose in the ranks to become the Head of the Department for Oral and Maxillofacial Surgery at Lahore Medical and Dental College. In this role, I led a skilled team, driving innovation in surgical practices. From complex facial reconstructions to dental implants, we handled diverse and challenging cases.

Believing in lifelong learning, I pursued a Master's in Medical Education even as the head of the department. As the Principal/Dean, I've focused on managing the academic and administrative aspects of the college. Collaborating with faculty, staff, and students, I've upheld high standards in dental education and research.

What do you think are the most important attributes of a good instructor?

Instructors play a vital role in shaping students' education. I look for and value these attributes in a good instructor: knowledge expertise, passion, effective communication, empathy, adaptability, mentorship, ethics, and continuous professional development.

A collaborative faculty culture encourages sharing best practices ultimately benefiting student growth and success. An instructor should be a visionary, simplifying knowledge transfer effectively.

Share your ideas about professional development.

Professional development is a cornerstone of our dental college's success and excellence. As the Principal/Dean, I firmly believe in the value of empowering our faculty, staff, and students through ongoing learning and skill enhancement.

One of my key priorities is to provide ample opportunities for our faculty members to engage in professional development activities. I actively encourage them to attend relevant workshops, seminars, and conferences that align with their research interests and teaching expertise. By fostering a collaborative and supportive environment, I have seen a remarkable improvement in faculty morale and their dedication to delivering quality education.

What do you think are your greatest strengths as a teacher/supervisor? And how does that strengthen this institute?

I believe my greatest strengths as a teacher and supervisor lie in my leadership abilities, commitment, and passion for both education and dentistry. I believe in harnessing people's strengths and aiding them in overcoming their weaknesses.

As a teacher, I make it a priority to create a positive and engaging learning atmosphere. I take great pride in seeing my students succeed not only academically but also in their personal and professional growth. As a dental educator and practitioner, my experiences have provided me with valuable insights into the challenges and opportunities faced by both faculty and students.

My experience as a supervisor has honed my skills in guiding and developing faculty members and trainees. I have always believed in a forgive-and-forget attitude. My supervisory skills are built on empathy, forgiveness, and Islamic principles. I don't believe in holding grudges and I try my best to do justice in every situation.

My diverse teaching and administrative roles provide a comprehensive understanding of academic practices and the evolving dental industry. This knowledge has enabled me to devise strategic plans for curriculum development, faculty training, and research initiatives, aligning our institution's goals with the changing needs of the dental profession.

Can you tell us about a person/personality from the present or past whom you admire?

I deeply admire my father for his philanthropic efforts, kindness, and authenticity. His welfare organizations reflect his dedication to underprivileged communities. He's not only impacted society but played a pivotal role in my personal growth, mentoring, and instilling Islamic values.

My family, especially my mother, has been a constant source of support and prayers, shaping me into who I am today.

I'm drawn to selfless, authentic individuals living by Islamic codes, showing competence without arrogance.

What do you see as the major challenges as Principal/Dean and Head of Department OMFS? And how do you overcome these challenges?

As Principal/Dean and Head of the OMFS Department, I face diverse challenges requiring strategic management. Balancing administrative and clinical roles is a key hurdle. I've delegated administrative tasks to capable faculty members via committees, allowing me to focus on critical aspects of both roles.

Faculty and staff development is crucial. We established a comprehensive program for training, research, and recognition, along with open communication platforms like regular meetings and feedback sessions.

Maintaining student well-being amidst academic demands is challenging. To address this, we offer counseling, student support, and faculty advisors to promote open communication.

Development unity, innovation, and teamwork is my approach to overcoming challenges. By nurturing this culture, our dental college and the OMFS department can achieve sustained excellence.

What are your proudest professional accomplishments?

One of my proudest achievements has been the comprehensive enhancement of our dental curriculum. By incorporating modern teaching methodologies, practical hands-on training, and interdisciplinary learning opportunities, we have prepared our students to excel in a dynamic dental landscape.

Leading the dental hospital through a successful accreditation process and achieving ISO Certification has been a defining moment in my tenure. Ensuring compliance with rigorous standards and demonstrating a commitment to the highest educational and ethical practices, we have earned accreditation from reputable accrediting bodies.

I am particularly proud of the college's community outreach programs. By providing free dental clinics, and oral health education in local schools, we have made a positive impact on the oral health of underserved communities. These accomplishments reflect my commitment to producing skilled, compassionate dental professionals who positively impact society.

Where do you see yourself 5 years from now?

This is a difficult question for me as I have to take into consideration many aspects of my life. Professionally, I would like to continue to grow, and as I've stated before I believe learning is a lifelong journey. I will continue my efforts in elevating our college to a leading center of dental education. I would want to establish partnerships with dental industry leaders to enhance our students' clinical experiences and exposure to advanced dental technologies. I would want to collaborate with universities to strengthen our research initiatives and course development programs. Personally, like my father, I would want to start a foundation for welfare where patients can come and get proper dental treatment free of cost. I also have a private practice that I may consider branching out further, although I have a lot of other family matters to take into consideration before taking these steps.

Ultimately, I just want to live a humble life, pursue ongoing personal and professional growth, and follow the path of the Holy Prophet Muhammad (PBUH).

What are your expectations from your dental graduates/trainees? Any message for them?

As you embark on your journey, embrace innovation and open new pathways in dentistry. Remember, learning is lifelong; stay curious and adapt to evolving practices. This institute equipped you with valuable skills. As you move forward, take pride in representing your alma mater. Uphold its reputation through achievements and contributions to the dental community.

Gratitude matters. Pass on the support you received by impacting others positively. Lastly, embody the principles of Islam in your actions. Be compassionate, ethical, and holistic. Strive to be not only good doctors but exemplary Muslim doctors. As you leave, know our doors remain open. Stay connected and be part of our growing alumni network. May your journey be filled with boundless opportunities and fulfilling experiences. God bless you!

Any remarks for the prospective applicants on why they should choose LMDC amongst the other dental colleges?

Consider choosing Lahore Medical and Dental College for an excellent dental education. Our teachers are experienced, ensuring a strong education in modern dentistry. We have top facilities and technology for hands-on learning. We believe in good values like ethics, kindness, and professionalism. Our students learn by doing, with lots of real patient experience.

Our graduates do well and make us proud in the dental field. We care about students' well-being and success. We help underserved communities with dental care. Choosing us means becoming a skilled, caring dental professional, and making a good impact on dentistry and society.

Any comments on the future of dentistry in Pakistan?

In Pakistan, dentistry has a bright future, and we're pivotal in its evolution. Our mission includes providing specialized training in areas like maxillofacial oncology, oral radiology, and forensic dentistry, while also pushing for recognition of these specialties. We're focused on integrating AI for improved patient care and enhancing accessibility through digital solutions. We're also working on a 5-year dentistry degree in collaboration with universities to boost global recognition of Pakistani graduates' skills.

Student Corner

Lahore Medical & Dental College has maintained its exclusivity by consistently scoring top positions among all the colleges affiliated with the University of Health Science.

College is proud to announce that as per the annual results declared by UHS, 2022, the first Professional Year maintained an overall passing percentage of 70%, the Second Professional Year – 97.33%, the Third Professional Year – 74.68%, and the Fourth Professional Year – 87.9%

- Shanzay Awan and Alishba Jehangir from their Second Professional Year secured 1st and 2nd positions respectively in the annual examinations conducted by the University of Health Sciences.
- Mahnoor Shaharyar secured the third position in the UHS annual examinations of Fourth Professional
- College of Dentistry, LMDC is also thrilled to announce the outstanding achievement of 24 **DISTINCTIONS** by the students of Second Professional BDS, 50 distinctions in 3rd Professional BDS, and 18 distinctions in the Final Professional BDS.



ILLUSTRIOUS ALUMNI



Prof. Dr. Khezran Sajid
Professor of Prosthodontics
Dental College
LMDC

I had the great pleasure of interviewing Dr. Khezran, a former senior of mine who is now a faculty member and a Professor of Prosthodontics at LMDC. Dr. Khezran graduated at the top of her class in 2004, receiving 9 gold medals and 5 silver medals. Besides being the best graduate, the university position holder received multiple distinctions in various subjects. She then pursued a postgraduate program in Prosthodontics in 2007 from the College of Physicians and Surgeons. In 2010, she officially began her career at a young age as an Assistant Professor at LMDC. She has authored 30 research papers.

What motivated you to select this profession/field?

Dentistry is an honorable and lucrative profession. The ability to create a beautiful smile and put patients at ease makes dentists more than just medical experts; they are also artists. Dentistry is a combination of art and science for me.

What qualities do you think are essential for a dentist to have to achieve success in their profession?

Optimism, excellent communication skills, self-assurance, adaptability, artistic talent, and a love for helping people in need.

Can you share with us the qualities you have developed and gained throughout your career as a consultant and mentor that have become your strengths?

Honesty is a key personality trait that allows individuals to be open with patients about their oral health and the treatment they need. You need to be honest and have integrity in aligning your actions with what you say and do. Additionally, you should have strong communication skills, and leadership abilities (as you will be leading a team of students, technicians, assistants, and hygienists). It is also essential to have artistic skills, as our practice is aesthetically focused. Finally, determination is what keeps you going even in tough times. Put patients at ease, as well as my students.

What made you choose to work at LMDC?

I have spent a substantial amount of my academic journey at LMDC, starting as a student, then a resident, and finally as a faculty member. In the past, LMDC was the only private institute that offered dentistry programs of the same, if not better, quality than government institutions. This gave us hope and helped us grow, both personally and professionally. LMDC has been my second home for over two decades.

As a faculty member, I can share my expertise and knowledge with the next generation, contributing to the dissemination of knowledge.

Serving my own institution fosters a sense of pride and loyalty. I am proud to be a part of LMDC's legacy, contributing to its reputation and success.

Teaching, mentoring, and being a part of the academic community bring personal fulfillment. It is deeply satisfying to see my students succeed and witness the impact of my work on their lives.

What inspires you to pursue a career as a teacher or faculty member, aside from being a successful consultant?

“Educators are heroes “

Many people have fond memories of teachers who had a significant impact on their lives. Dr. Sajid Naeem is an exceptional educator who recognized the importance of making learning enjoyable. His kindness, patience, and empathy have provided me with opportunities for success that I never thought possible. His passion for learning is infectious. Looking back, being in his class was truly a wonderful experience. In summary, he is the ideal teacher any student could hope for.

Another favorite and genuine source of inspiration Dr. Aqib Sohail's dedication to educating and nurturing young minds is truly inspiring. He has consistently demonstrated his ability to listen attentively and has proven to be a compassionate and knowledgeable teacher. I am extremely proud to have been his student and am grateful for the valuable lessons he taught us in Oral Pathology that year. I believe we were fortunate to have him as our teacher, and I will always appreciate the time and effort he invested in my education. I can confidently say that much of my past and future success can be attributed to his guidance and instruction.

Have you been successful in transforming or instilling any qualities in your students?

I believe that my students will show a great thirst for knowledge, express enthusiasm, and perseverance, and demonstrate courtesy and tolerance. When students acquire new knowledge, gain insights on different subjects, receive help in solving problems, or gather ideas and perspectives, it can contribute to their personal development, acquisition of knowledge, and decision-making if they find value in the information and assistance I offer.

Can you please share with us your interests and activities outside of dentistry?

I find great pleasure in engaging in physical activities and dedicating my time to playing sports. Swimming is particularly enjoyable for me as it allows me to unwind and relax after a long day. The sensation of gliding through the water is truly incredible, and the soothing sound it creates adds to the experience. Additionally, observing the bubbles deep within the pool brings me a sense of delight. Swimming has become a lifelong hobby that I will always cherish.

Another hobby of mine is gardening, which I devote a few hours to each day. Being in my small garden brings me a profound sense of tranquility, happiness, and rejuvenation. I take pride in the fact that my garden is the result of my hard work. As a creative and practical individual, I thoroughly enjoy working with my hands. Furthermore, I have a passion for painting and enjoy using various materials such as watercolors, acrylics, and oil paints. Experimenting with different painting techniques and styles is something I find particularly fulfilling. The appreciation and admiration I receive from my family and friends for my artwork brings me immense joy, a sense of accomplishment, and pride.

Contributed by: Dr. Fatima Liaqat





Dr. Rummana Aqeel
Assistant Professor Oral Pathology
Dental College
LMDC.

Meet our next alumnus in focus: Dr. Rummana Aqeel, from the Batch of 2000. She graduated in 2004 and completed her housejob in the year 2005. She secured gold medals in Anatomy/Histology, pre-clinical dentistry, and a silver medal in Pathology. She scored a distinction in General Medicine. She served as a dental surgeon at Ghurki Trust Teaching Hospital from 2006-7 and joined LMDC as a demonstrator in the Oral Pathology and Oral Surgery departments from 2007 to 2009. She was afforded a chance to pursue an MPhil in Oral Pathology from the Post Graduate Medical Institute in 2018 and joined Faryal Dental College as a Senior Registrar for nearly a year

before moving to Avicenna Dental College at the same post. Her homecoming was in 2019 when she rejoined LMDC as an Assistant Professor once again. She has published 10 research papers in various journals on different topics in her subject.

Can you share some of your fondest memories or experiences during your time at our college?

As I am giving this interview, the overwhelming nostalgia of the past is hitting me like a train. 2000 was both the year when LMDC was built and the year when I first stepped inside this half-painted, incomplete, building that I would soon consider a haven. Back in 2000, LMDC felt more like a second home than a medical university. I never felt singled out or ostracised in a sea full of aspiring and qualified teachers. There were some senior students with us from the Surgimed basement (which was the old LMDC) and our batches were combined as one. A memory that stands out from this period in time was when I was voted for the position of the Class Representative of my batch. Then, crisis struck. The news of affiliation with Baqai University came as a surprise for us because that was the start of sleepless nights and endless turmoil for us – we had to put in insurmountable amounts of effort and work to clear our exams in a few months. Truly it was a thrilling (read: miserable) experience.

The fondest memory I have is from my first-year dissection hall – at first, I was afraid and unsure of how to deal with the pungent smell of Formalin and even more unsure of how to process the feelings that arose within me when I looked at a cadaver on the dissection table for the first time. Indeed, the entire experience was surreal. However, my feelings of apprehension soon converted into feelings of surety. Hence, I was often seen dissecting fascia under the guidance of the great Doctor Niazi (late) and guiding her batch mates about nerve routes, muscles, etc. Unfortunately, she also couldn't bring herself to eat meat for at least 6 months once she cleared all her semesters.

How did your education at our college prepare you for your career or postgraduate studies?

Being part of the pioneer batch, it felt like LMDC was our newborn child and we were watching it grow up and progress. The only café we had at that time was a roadside Dhaba of biryani and soft drinks outside LMDC's main gate. With minimum traffic on the canal side and very few patients, we often had a lot of free time that we would spend here contentedly.

Moving into the clinical rotation and spending time in Ghurki hospital and dental clinics were awesome times. Secretly praying for our 80-year-old plus patients to be blessed with a long life so we complete our quota cases of complete dentures became habitual.

What extracurricular activities or clubs were you involved in, and how did they impact your personal and professional growth?

The kindness, attitude, and devotion of our teachers were unmatched. We did not have any specific extracurricular clubs and societies, yet we still had festivals like Basant and student-faculty cricket matches. Music clubs were not formed, yet actively seen in the college cafeteria. Our teachers were our mentors. They kept us motivated to pursue further studies and to achieve higher goals.

We were raised from 1st year till our house job while looking at them perpetually pursuing their degrees and managing clinics and families alongside everything. Through their patient behavior, we learned how to overcome obstacles and that taking the first step of any journey can lead to beautiful destinations if you consistently walk towards it.

What advice would you give to current students who are looking to make the most of their time at our college and succeed in their future careers?

My advice to current students is to make physical and mental health your priority, "Jaan hai tou jahan hai". Work hard, respect your teachers and parents, and stay consistent in your goals. Avail opportunities as they knock on your door and never lose hope in life. Follow your heart but do try to go outside of your comfort zone. Challenge yourself to read, travel, and master new skills.

Think bigger than what social media portrays as the ideal. Your life and your goals are challenges themselves, so you shouldn't waste your time in unrealistic and unnecessary comparisons and trying to always fit in the conventional societal standards as portrayed by social media. Above all: stay humble and never look down on your patients or junior colleagues.

Can you tell us a bit about the Alumni network initiative?

Being the most senior alumni presently working at LMDC as a faculty member has motivated me to initiate the alumni network program under the guidance of Professor Doctor Aqib Sohail, Dean of LMDC Dental College. We are at the initial stage of database collection using social media to help spread the word. It will give shape and structure to the alumni association, and we are looking forward to engaging as many prestigious alumni as possible for a long journey ahead comprising social events, mentorship programs, and scholarship funds.

It aims to build relationships and solidify connections. Recently LMDC engaged 3 alumni as a great start. In the 3rd LMDC international conference, held in October 2023, Professor Dr. Asad Chatha (Batch 2000) joined as a guest speaker and Professor Dr. Faiqua Yasir (Batch 2000) as a preconference workshop facilitator. Dr. Saad Khizer Usmani from LMDC (Batch 2011) was invited as a guest speaker in an informative and detailed webinar on Dental licensing pathways in the USA.

As far as the future of the alumni association of LMDC is concerned we will be coming up with a lot of activities, meet-n-greets, conferences, etc. for our alumni and currently enrolled students to build a long-lasting bridge between the academia and the industry. Time to bring back the alumni to their alma mater.

In what ways do you feel your experience at our college has shaped your values, beliefs, or worldview?

The essence of my feelings regarding my experience at LMDC of going from a student to a faculty member cannot be captured with mere words. My feelings are not linear, rather they have both high and low tides much like the waves at sea. LMDC has taught me the value of friendship and teamwork.

I give credit to my teachers and to my life circumstances that have taught me humility, humbleness, and the value of defeating my ego. I have always been someone who thinks too ahead (and too much), but some situations have taught me to simply: let go. One has to simply live, day after day, knowing that even the worst of days are only temporary and every obstacle one faces will pass eventually in due time.

As an individual who has such an intricate relationship and deep history with this college, my experience here definitely has had a directly proportional effect on my cognitive processes. I always had certain values and strong beliefs regarding personal disposition and morals but my experience in this college only strengthened them. Honesty, transparency, vulnerability, humbleness, and acceptance are very few things that I relearned during my time here.

Meeting new people and exploring multitudes of various perspectives only broadened my horizons and the way I look at the world.

STUDENT CONTRIBUTIONS

Oh, My Sweet Summer Child

Grey Rhenish awning
 Amidst all that flies
 Whisked a dusty sparrow
 Longing to go home
 In the starry summer nights
 Of the place you call home
 Crown of Shadow's antiquity
 Would you dare to roam?
 Wolves howling, the sky above
 Below, is the estuary of the Euphrates
 A whirlpool of wind manifests
 Broken promises, sweet deceits

Jahanara Khurshid Manerka
Final Year BDS, LMDC



Epiphany

Feeble smiles hid the luggage of emotions
 Wrinkled skin and stooped bodies encompassing beautiful souls
 Never did they imagine their autumn years, to be the relentless heat of the desert
 Handed over to the substitutes and treated as goods
 A disappointing trade; rather a heinous crime
 Good old days recalled by the grey-haired
 The transformational journey of their 'traders'
 Whimpering in the nurse's arms,
 Fearing detachment at the first day of school,
 Turning into a passionate and energetic young man
 And the final shift of dependency from the 'traders' to the 'goods'
 That knock on the door that broke their reverie
 Never did they imagine their autumn years, to be the relentless heat of the desert
 Shattered hearts yet profoundly contented Despite being stranded and forsaken
 A quick run through till the final departure
 Still hopeful to get lost in their reverie afresh
 The gradual transition of the redeployed, from the blooming blossoms to the withering dandelions
 leaving behind nothing but void
 This marks the end of the melodramatic play
 Never did they imagine their autumn years,
 to be the relentless heat of the desert Small

Sahibzadi Maaham Rashad
BDS 3rd year, LMDC



Expectations

They are meant to be soul-crushing

From people you love

From people you hope to love

A lone thought that holds unsurmountable power over one's delicate heart

It leaves your ego battered and bruised

Was I not worth it? The effort? The love?

You build up this utopia in your head where it's you, the singular force everyone

orbits, relinquishing their control to you and your desires, wants, and dreams

However, in reality, utopias don't exist; reality does, and in the real world, you're

just one page of the story, a passing breeze in a thunderstorm of someone's life

It's something people forget ever so often, or perhaps want to believe otherwise

Then it begins, the expectations and the agonizing cycle that inevitably follows

Sahibzadi Maaham Rashad
BDS 3rd year, LMDC



INTERNATIONAL NEWS

Technological Advancements in Dentistry in 2023

Mankind has historically looked at creating technology to make its work swift, precise and convenient. Dentistry, likewise, has had a revolution by transitioning into the digital world. Today, digital dentistry is all the hype; the bandwagon everybody wants to jump on. It has ushered in an era where impressions can be taken without using conventional impression materials, diagnoses can be done without complete dependency on human minds, and casts and prostheses can simply be 'printed'!

Although the following technologies have been present for some time now, they are now starting to feel more of a necessity than luxury.

1.1 Digital Impressions

One of the biggest concerns in dentistry (for both patient and the dentist) has been the use of a 'flowy' impression material loaded in the mouth, making many a patient gag while also giving dentists problems related to time and economics. Secondly, the complete dependency on human motor skills makes the results unpredictable.

Digital impressions have solved this problem, making accurate impressions with predictable results, and ultimately providing a comfortable overall experience. It involves the use of a portable scanner that takes up highly-detailed images of teeth and surrounding tissues and builds them up via software on a computer. The impressions produced exhibit high levels of accuracy, which ultimately results in accurate prostheses fabrication.

1.2 Artificial Intelligence

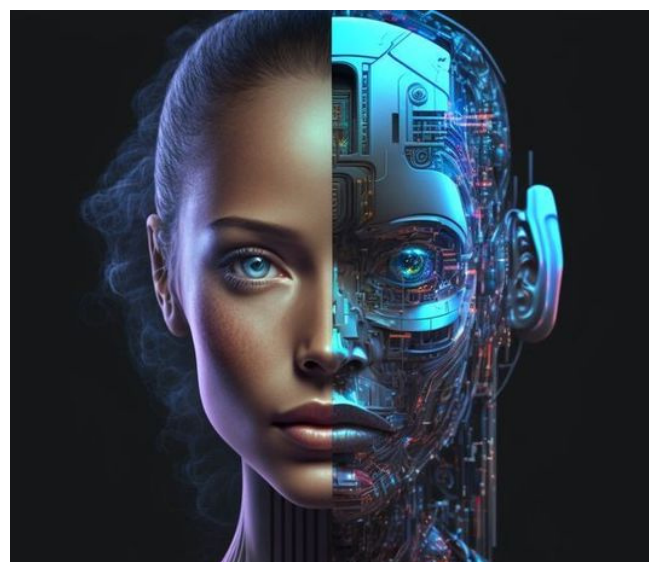
Artificial Intelligence (AI) has been the biggest recent technological advancement worldwide in many fields and especially in dentistry. It uses algorithms to analyze patients' data, radiographs and investigations to identify patterns and predict future outcomes. AI helps and facilitates the dentist in making accurate diagnoses and treatment plans.

Furthermore, AI algorithms can even identify early signs of caries and pathologies and thus can be a big asset in Preventive Dentistry. The education and training of dentists for AI can be foreseen as a big priority in the near future.

1.3 3D Printing

Digital impressions have been in use for some time now but in association with CAD-CAM milling hardware. 3D printing has revolutionized the method of fabricating prostheses, casts, etc. Instead of grinding out a prosthesis, this technology builds up the same from scratch, creating custom crowns, bridges and dental implants for a specific patient.

The latest 3D printers yield highly accurate results but with increased speed. The patients benefit from a reduced chair-side time as well as lesser inter-appointment interval as the printing process can be completed within hours, thus resulting in a very pleasant experience for both dentist and the patient in this fast-paced modern world.



INTERNATIONAL OFFER FOR DENTISTS

A UK-based company ToothTalent Connect brings an amazing offer to overseas dentists wishing to start their career in UK:

Job Description: Qualified Overseas Dentist as Student Dental Nurse with UK Relocation & work permit.

Position: Overseas Dentist as Student Dental Nurse.

Location: United Kingdom

Type: Full-time.

Visa Type: Tier 2 visa with Paid Dental Nursing Job.

Job Summary:

We are seeking skilled and motivated overseas dentists to join our team as Student Dental Nurses in the United Kingdom. This unique opportunity allows you to gain practical experience and exposure within the UK dental healthcare system while working towards professional registration as a dental nurse. You will be paid from the first day you start working in the UK.

Monthly Salary: £1500-2000(TBC)

T&C's APPLY

As a student dental nurse, you will provide essential support to our dental practitioners, assist in patient care, and contribute to the smooth operation of our dental practice and work towards your GDC license as a Dentist through ORE/LDS routes.

Qualifications:

- Bachelor's degree in Dentistry from an accredited institution with minimum 5 years experience (PMDC registration is a must).
- Proof of English language proficiency, as required by the regulatory authorities.
- Strong interpersonal skills and ability to communicate effectively with patients and colleagues.
- Detail-oriented with a strong focus on infection control and hygiene protocols.
- Demonstrated commitment to learning and adapting to new environments and protocols.
- Ability to work well under pressure and in a fast-paced clinical setting.
- Flexibility to accommodate changing schedules and program requirements.
- Ethical and professional conduct in alignment with the dental profession.

Benefits:

- Relocation to UK on Tier 2 Visa/work permit.
- Exposure to a diverse range of dental procedures and patient cases.
- Opportunity to learn from experienced dental practitioners and educators towards your licensing exam (ORE/LDS).
- Full mentorship and training will be provided after you clear ORE/LDS to get on GDC performers list.
- Pathway to professional registration as a dental nurse and later on as a dentist in the UK.
- Potential for career advancement within the dental field.

If you are an overseas dentist seeking a rewarding experience in the UK dental healthcare sector and are dedicated to advancing your dental career, we encourage you to apply. Join our team and contribute to the delivery of high-quality dental care while gaining valuable skills and knowledge.

Dental Humor

These dental quotes get right to the point:

"An aching tooth is better out than in."

Richard Baxter Quotes

"The tongue is ever turning to the aching tooth."

Thomas Fuller

"Be true to your teeth, or they will be false to you."

Soupy Sales

"Love conquers all things except poverty and toothache."

Anonymous

"A man loses his illusions first, his teeth second, and his follies last."

Helen Rowland

"Every tooth in a man's head is more valuable than a diamond."

Miguel de Cervantes Quotes

"You don't have to brush your teeth, just the ones you want to keep."

Anonymous

"Some tortures are physical, and some are mental, but the one that is both is dental."

Ogden Nash

"The man with a toothache thinks everyone happy whose teeth are sound."

George Bernard Shaw

"A genuine smile comes from the heart, but a healthy smile needs good dental care."

Wayne Chirisa

"For there was never yet philosopher, that could endure the toothache patiently."

William Shakespeare

"Dentists are medical professionals who help you put your money where your mouth is."

Anonymous

Motivational Quotes

There's no better way to start your day than by reading these motivational quotes:

"Focus on being productive, not busy."

Tim Ferriss

"Either you run the day, or the day runs you."

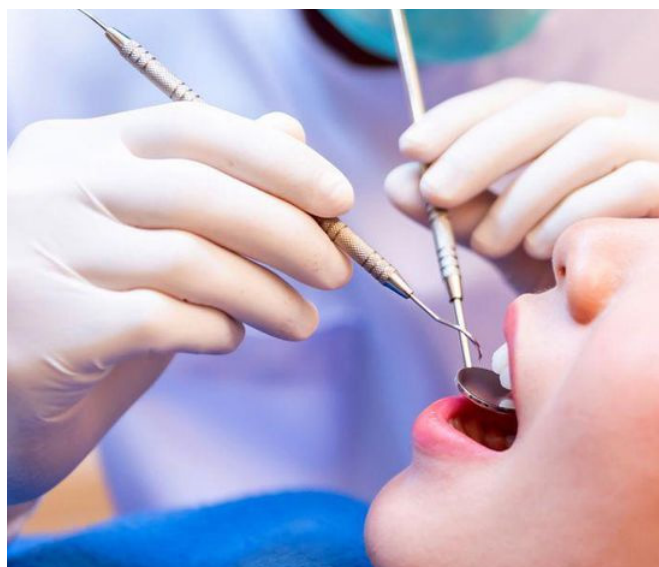
Jim Rohn

"I can do things you cannot, you can do things I cannot; together we can do great things."

Mother Teresa

"Be the person you want to work with."

Unknown



RESEARCH PROJECTS FOR THE YEAR 2023

Maxillofacial Surgery

Prof. Dr. Aqib Sohail	<p>1. Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?</p> <p>2. Factors motivating patients to undertake orthodontic treatment.</p>
Dr. Nighat Zahid	<p>1. The prevalence of Periodontal disease by Community Periodontal Index in type II diabetic patients.</p> <p>2. Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?</p>
Dr. Tayyaba Rafiq	<p>1. Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?</p> <p>2. Empathy among undergraduate and postgraduate clinical dental students of Lahore Medical and Dental College.</p>
Dr. Fareed Chishti	<p>1. Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?</p> <p>2. Incidence of ectropion subciliary versus subtarsal incisions.</p>
Dr. Shyreen Liaqat	Effectiveness of botulinum toxin therapy in myofascial TMJ disorders.
Dr. Zoya Aslam	Role of cornoidectomy in OSF patients.
Dr. Fawaz Nadeem	A comparison of silicone Silastics with Temporalis Fascia as interpositional material in patients of TMJ ankylosis
Dr. Abubakar Bin Nauman	Effectiveness of autologous blood injections in chronic recurrent dislocation of TMJ
Dr. Aneeza Ayyaz	Effect of Arthrocentesis vs. medicinal therapy in patients with disc displacement disorders
Dr. Ayesha Muhammad Rana	Conventional 2D miniplate vs. 3D miniplate in the management of mandibular angle fractures.
Dr. Mahrukh Shabaz	Frequency of postoperative MMF after ORIF in maxillary and mandibular Fractures.

Orthodontics

Prof. Dr. Asma Shafique	1. Case-Based Learning in Undergraduate Orthodontic Education: A Cross-Sectional Study Factors motivating patients to undertake orthodontic treatment.
Prof. Dr. Junaid Israr	1. Correlation Between Frontal Sinus Dimensions and Craniofacial Patterns. 2. Frequency of dentoskeletal factors affecting soft tissue strain of chin on lip closure in class I and class II div 1 malocclusion. 3. Correlation Between Dental Calcification Stage 5 and CVM Stage 3 In Class II Malocclusion Patients.
Dr. Usman Zaheer	1. Relationship between temporomandibular joint dysfunction, cervical inclination, and craniocervical posture in class II division 1 malocclusion. 2. Correlation Between Frontal Sinus Dimensions and Craniofacial Patterns.
Dr. Asad-Ur-Rehman	1. Comparison of CVM Stages and Maxillary Canine Calcification Stages for Determination of Skeletal Maturity. 2. Skeletal Maturity Assessment Using Maxillary Canine Calcification Stages- Dr Asad-Ur-Rehman 3. Comparison of relapse between fixed bonded-type & removable Essix-type retainers in mandibular anterior segment 06 months after debonding- Dr Asad-Ur-Rehman 4. Case-Based Learning in Undergraduate Orthodontic Education: A Cross-Sectional Study- Dr Asad-Ur-Rehman
Dr. Usman Ghani	Comparison of knowledge, self-perception about malocclusion, and orthodontic treatment needs amongst undergraduate dental students
Dr. Maira Mubashar	Factors motivating patients to undertake orthodontic treatment.
Dr. Fahad Chaudhry	Factors motivating patients to undertake orthodontic treatment.

Prosthodontics

Dr. Nida Saleem	Comparison of two different light sources affecting visual shade perception
Dr. Uzair Abu Bakar	Evaluation of anxiety in patients undergoing complete denture treatment
Dr. Mian Muhammad Faizan	Patient esthetics and functional satisfaction with complete denture therapy
Dr. Anam Shaukat	Frequency of denture stomatitis in old denture wearers