



LAHORE
MEDICAL & DENTAL
COLLEGE

DENTAL CHATTER

Volume 2 April 2024

Table of Contents

Editorial Panel	02
From the Editor's Desk By Prof. Dr. Junaid Israr	03
Dean's Message By Prof Dr. Aqib Sohail	04
Key Moments Chronicle By Dr. Syed Hussain Al Hussaini	05-35
Meet the Faculty Prof. Dr. Saima Razzaq By Dr. Maryam Touqeer	36-37
Prof. Dr. Sajid Naeem By Dr. Maryam Touqeer	38-39
Student Corner-Achievements By Dr. Maleeha Mustafa	40-41
Alumni Corner Dr. Saad Usmani By Dr. Nawal Talat	42-43
Alumni Corner Prof. Dr. Khurram Nadeem By Dr. Nawal Talat	44-45
International News By Dr. Ussamah Jatala	46-47
Tooth Ticklers By Prof. Dr. Juniad Israr	48
Reaaserch & Publications By Dr. Tayyaba Rafique	49-54



LAHORE
MEDICAL & DENTAL
COLLEGE

Editorial Panel



Prof. Dr. M. Mansoor
Ahmed



Prof. Dr. Javed Asghar



Maj. Gen. (R) Prof.
Dr. Naeem Naqi



Prof. Dr. Aqib Sohail
Patron



Asad Ahmad Khan



Prof. Dr. Junaid Israr
Editor in Chief



Dr. Tayyaba
Rafique
Co-Editor



Dr. Ussamah
Waheed Jatata
Co-Editor



Dr. Syed Hussain
Al Hussaini
Team Member



Dr. Nawal Talat
Team Member



Dr. Maleeha
Mustafa
Team Member



Dr. Mariyam
Touqeer
Team member

Editorial

Dear Students,

As we embark on our next chapter, let's celebrate the resounding success of our inaugural issue and the continued journey of sharing insightful stories, ideas, and connections with each successive publication. Let's reflect on the accomplishments and milestones of the past six months:

A Journey of Smiles: News and Highlights from the Past Six Months

The past six months have been a vibrant time here at LMDC! From international conferences to warm reunions and welcoming fresh faces, our college has been buzzing with activity. Let us take a look back at some of the key events that panned out:

It is with great pleasure and excitement that we recount the events that have shaped our profession and strengthened our bonds as dental professionals. From international conferences to alumni gatherings and orientation days, the past half-year has been marked by collaboration, learning, and the spirit of camaraderie.

Global Exchange of Knowledge:

We were honoured to host the prestigious 3rd International Dental Conference in October. This gathering of renowned dental experts from across the globe promoted a stimulating exchange of ideas, best practices, emerging trends, and innovations. Through insightful presentations, interactive workshops, and networking opportunities, the conference offered valuable insights to our students, faculty, and attendees.

Celebrating Our Legacy:

Apart from the global gathering, we enjoyed getting back in touch with distinguished alumni at a pleasant meet-and-greet at our alma mater. This gathering provided a cherished opportunity to reminisce about shared experiences, celebrate achievements, and forge new connections. As we shared anecdotes and perspectives, it became evident that the friendships and mentorships that endure beyond time and distance, define our group's collective journey in dentistry, in addition to individual successes. The alumni meet and greet demonstrated both the long-lasting influence of our institution and the significant influence of our shared experiences on the course of our professional lives.

Welcoming the Future:

Orientation Day marked the beginning of a new chapter for our incoming batch of students. We were thrilled to welcome these bright minds to our college. The day was filled with informative sessions, campus tours, and opportunities to meet faculty, staff, and classmates. As mentors and guides, we are prepared to assist and enable these upcoming leaders as they set out on this journey.

Looking Forward:

These events are just a glimpse into the vibrant and dynamic atmosphere at LMDC. We are committed to promoting a learning environment that is not only academically rigorous but also fosters a sense of community and global engagement. As we move forward, we look forward to hosting more engaging events, groundbreaking research, and nurturing the next generation of dental leaders.

Finally, I would like to express my sincere gratitude to everyone who helped make these events a success

Sincerely,

Junaid Israr Ahmed Khan

Editor-in-Chief, Dental School Newsletter

Dean's Message

Dear Students, Faculty, and Staff,

I'm proud and excited about where our dental school is headed. Right now, things are changing significantly in the Dental academic landscape and at the University level. We need exceptional dentists who are not only skilled clinicians but also compassionate leaders.

My Vision for our college is to be at the forefront of this change. We will achieve this by encouraging a collaborative environment that enables our students, faculty, and staff to reach their full potential.

Students: You are the cornerstone of our college. We are committed to providing innovative education that equips you with the latest knowledge, technologies, and clinical skills. Beyond academics, we will nurture your personal and professional development.

Faculty:

Our faculty is the driving force behind our academic excellence. We value your dedication to education and patient care. We will continue to invest in resources and opportunities that allow you to stay at the top.

Staff:

Your tireless efforts behind the scenes are invaluable. We recognize your commitment to creating a supportive and efficient environment.

Advice for Students:

As you embark on your dental journey, remember these key points:

- **Embrace the Challenge:**

Dental education is demanding, but immensely rewarding. Approach your studies with dedication, curiosity, and a willingness to learn.

- **Seek Collaboration:**

Don't hesitate to seek help from your peers, faculty, and advisors. Collaboration brings a deeper understanding and strengthens your support network.

- **Never Stop Learning:** The field of dentistry is constantly evolving. Embrace lifelong learning and stay curious about discoveries and technologies.

- **Give Back to the Profession:** As future dental professionals, you have the power to impact the lives of your patients and communities positively. Seek opportunities to volunteer and contribute to the betterment of society.

I am confident that with our collective dedication, our college will continue to be a leader in dental education, shaping the future of dentistry and improving smiles for future generations.

With Warmest Regards,

Prof Dr. Aqib Sohail
Principal/Dean,
Dental Section, LMDC

Life in Motion: Key Moments Chronicle

Contributed by Dr. Syed Hussain Al Hussaini

Oral Health Week

11th September to 15th of September 2023

Dental Hospital, Lahore Medical & Dental College (A college of Lahore UBAS), Conducted an Oral Health Week from 11th September to 15th of September 2023, under the patronage and guidance of Dean/Principal Dental College, LMDC, Prof. Dr. Aqib Sohail.

Free Dental Checkups were provided to the patients in the Oral Diagnosis Department by the duty doctors, supervised by the Head of Oral Medicine and Diagnosis, Prof. Dr. Khurram Nadeem. Patients were also provided with free samples of toothpaste.

Principal Dental College, Prof. Dr. Aqib Sohail visited the kiosk and stall organized by the Colgate Team, and also inspected the Oral Diagnostic Department where patients were being examined.

In addition, throughout the health week Community health visits were done in different dental schools examining more than fifteen thousand students and staff and providing them with free samples, also instructions regarding maintaining their oral hygiene were given. These Dental camp visits were supervised by the Head of Community and Preventive Dentistry, Prof. Dr. Nazli Gul Shujaat.

This activity was sponsored by Colgate-Palmolive



Scientific Research Article Writing 26th September 2023

A Hands-On workshop entitled "Scientific Research Article Writing" was organized by the Eureka LMDC research society on Tuesday 26th September 2023. This workshop was facilitated by Prof. Dr. Khezran Sajid. The workshop aimed to equip the participants with the practical skills required for effective research article writing. It focused on various aspects of research article composition, including understanding the components of a research article, practical activities such as writing a research abstract, citation styles, plagiarism avoidance, peer review guidelines, and more.

It was a joint effort by the team Eureka LMDC Research Society (with 350 members) led by the students of LM&DC Hassan Waheed President, Amna Ahmed Vice President, and Eesha Ikhlq Secretary. The activity was supervised by Prof. Dr. Sadia Chaudhry chairperson co-curricular committee and Prof. Dr. Uzma Zargham faculty in charge Eureka LMDC Research Society.



Fine Needle Aspiration Cytology of Head and Neck Region

How to prepare, what to expect

Oral Pathology dept. conducted a pre-conference workshop in collaboration with the 3rd Lahore Medical & Dental College international dental conference on "Fine Needle Aspiration Cytology of Head and Neck Region How to prepare, what to expect" held on 4th October '23 it was facilitated by Prof. Dr. Sadia Iqbal and Prof. Dr. Faiqua Yaseer. 28 participants, (faculty, postgraduate trainee, and students) from the different institutes of Lahore as well as from other cities showed their presence.

The innovative lecture session was followed by a hands-on activity and a slide identification session. Principal/Dean Patron in chief Prof. Dr. Aqib Sohail appreciated the efforts of the department and uplifted the whole team with his encouraging words Prof. Dr. Ayyaz Ali Khan embraced the event as chief guest Prof. Dr. Nauman Rauf Khan president of the Pakistan Oral and Maxillofacial Society graced the event as guest of honor and Prof. Dr. Saima Razzaq Khan as chief organizer of the 3rd Lahore Medical & Dental College International conference honored us with her presence. Certificates were distributed among the participants, cofacilitator and shields were presented to the patron-in-chief, chief guest, guest of honor, and facilitators.



3D MODEL ACTIVITY

6th October 2023

BDS 3rd year 3D MODEL presentation activity was arranged by the Department of Oral Pathology and judged by Prof. Dr. Aqib Sohail and Dr. Khurram Nadeem. The students were divided into eight groups. Each group was assigned a topic for designing a 3D model supervised by Prof. Dr. Sadia Iqbal.



CBCT GUIDED IMMEDIATE FUNCTIONAL LOADING BY CORTICO-BASAL IMPLANTS

Workshop on Live surgery CBCT Guided immediate functional loading by cortico-basal implants was conducted on 11th October 2023, facilitated by Mr Zulfiqar Ahmad Atiq and Dr. Waqar Ali



Orthodontics Workshop 3rd International Conference

3D CAD/CAM Clear Aligner Technology Training Workshop

The Department of Orthodontics in the College of Dentistry, Lahore Medical and Dental College conducted a workshop on Wednesday, October 11th, 2023 '3D CAD/CAM Clear Aligner Technology'. The workshop facilitator was Dr. Waqas Wahab, Founder & CEO of ClearPath Orthodontics. The event was organized by Prof Dr. Junaid Israr and Dr. Fahad Chaudhry. The facilitator began the seminar with a brief history of the Evolution of Aligners and discussed the other aspects of Clear Aligner Therapy like Biomechanics, force Delivery with Aligners, CAT Case Feasibility and selection Parameters, ClearPath Orthodontics & ClearPath Systems, Reviewing Digital Setup, Monitoring Aligner Patients and patient Case Instructions, Elastic Button Technique (EBT), Interproximal Reduction (IPR) & PVS Impression technique. The event was graced by Prof Dr Aqib Sohail, Principal/Dean College of Dentistry, Lahore Medical & Dental College, as Chief guest.

The interactive presentation was followed by a hands-on component which included the latest Intraoral Scanning System and IPR & EBT Placing exercise. At the conclusion, a brief certificates and shields ceremony was held. Prof. Dr. Aqib Sohail was invited to close the event and share his valuable insights. The seminar was closed after the Q&A session and a vote of thanks.



The interactive presentation was followed by a hands-on component which included the latest Intraoral Scanning System and IPR & EBT Placing exercise. At the conclusion, a brief certificates and shields ceremony was held. Prof. Dr. Aqib Sohail was invited to close the event and share his valuable insights. The seminar was closed after the Q&A session and a vote of thanks.



3rd International Dental Conference

12th October 2023

The College of Dentistry, LMDC proudly conducted the 3rd International Dental Conference, 'Current Practices in Dentistry' under the patronage of the Principal, Prof. Dr. Aqib Sohail on 12th October 2023. The trend of organizing International Dental Conferences took off in 2016 and this was the 3rd International Conference organised by Dental College, LMDC.

The main objective of this international conference was to unite and bring together dental innovations for global health care. It was a landmark event in modern dentistry as it brought together renowned experts, practitioners, and academicians from around the world.

This International Dental Conference was a testament to LMDC's commitment to advancing dental healthcare and promoting excellence in dental education. The event served as a platform for professionals and students to exchange knowledge, experiences, and insights, ultimately contributing to the improvement of dental healthcare standards globally.

The key highlights of the 3rd International Dental Conference were:

- A diverse speaker lineup comprising a distinguished panel of international and national speakers.
- Interactive hands-on workshops to gain practical experience in the latest dental procedures to enhance practical knowledge and skill development
- The conference also hosted a research poster presentation competition, allowing students and researchers to showcase their innovative work
- The conference also offered continuing education credits, benefiting dental professionals











PATIENT WELFARE SOCIETY

BAKESALE FOR FUNDRAISING

The Heads of the Patient Welfare Society, Prof. Dr Hasnat Ahmad Butt and Assist. Prof. Dr Syeda LaLa Rukh Saba Shah, of the Lahore Medical and Dental College at LMDC, under the esteemed patronage of Principal, Professor Dr. Aqib Sohail, arranged a one-day bake sale event held on 12th October 2023, supported by students, to raise funds for deserving patients' treatment. The event was a resounding success, with enthusiastic participation from both students and faculty. The funds generated will play a crucial role in providing medical and dental treatment and support to impoverished patients who are unable to afford it otherwise. The significance of fundraising for deserving patients cannot be overstated. It embodies the spirit of compassion and solidarity within our community, ensuring that financial constraints do not delay access to essential healthcare services.

This initiative exemplifies our commitment to social responsibility and underscores the importance of collective efforts in addressing healthcare disparities. Through such endeavors, we strive to uphold the values of empathy and equity, ensuring that every individual receives the care they deserve. Together, we can create a ripple effect of change, transforming lives and empowering those who need it most. Let's create a thriving community where everyone can flourish.



ENVIRO-LMDC Green Health Society

12th October, 2023

A plantation drive was organized at Premier American School by ENVIRO-LMDC Green Health Society on October 12, 2023, under the supervision of Prof. Dr. Nazli Gul Shujaat. The primary objective of the plantation drive was to promote environmental awareness and sustainability among students and to provide a hands-on experience for students about the importance of trees and the environment. There was a short interactive session with students about the importance of trees and how to plant trees before the activity. Certificates were distributed among the students and the organizers.



Crown Lengthening

From Theory to Precision

Post 3rd International Conference Crown Lengthening Workshop was conducted on 13th October 2023, facilitated by Dr. Ala Ersheidat. The following topics were highlighted.

1. Case Selection for crown lengthening
2. Current techniques available for crown lengthening
3. Armamentarium required for functional crown lengthening
4. Tissue handling and soft tissue suturing



Common Core Seminar

The Department of Oral Medicine & Diagnosis in Dental College of Lahore Medical and Dental College conducted the "Dental Ergonomics" common core seminar on Thursday, 19th October 2023. The seminar facilitator was Dr. Nawal Talat. The seminar started at 10:30 a.m. with a recitation of the Holy Quran. The facilitator began with a brief introduction to the topic. Ergonomics is introduced in dentistry to improve dental professionals' working conditions. This helps in preventing Work-related Musculoskeletal disorders and enables the dentist to adopt a natural and comfortable posture. Dental stretches and strengthening exercises should be included in daily clinical practices to avoid any pain and discomfort. Practicing good ergonomics ensures an efficient workflow and minimizes stress. The target audience for the seminar was house surgeons and post-graduate trainees. Dr. Nawal also demonstrates a few exercises to the audience. After the completion of the presentation, the house was open for discussion. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar. The seminar was closed after the Q&A session.



CAD-CAM

CAD CAM Veneers Workshop-From Digital Smile Design to Cementation Post international Conference workshop, facilitated by Prof. Dr. Saima Razzaq Khan, Zain ul Abideen, Dr. Moazzam.



CAREER COUNSELING

26th October 2023

A Career counseling session arranged with the collaboration of IDP Education Ltd by Prof. Saima Razzaq Khan, and Prof. David Grieve Dean of Internationalization within the Faculty of Health and Life Sciences at Queen's University Belfast overviewed the opportunities in Medicine, Pharmacy, and Dentistry



Seminar

Oral & Maxillofacial Surgery

Seminar was arranged by the Oral & Maxillofacial Surgery Department on 28th November 2023 in the College Auditorium in which different aspects of Opportunities the UK can offer, Tooth wear occlusion, Assessment of Implant Dentistry, managing complications in Implant dentistry were touched by Dr. Kashif Hafeez, Dr. Madiha Khan, Dr. Fayaz Kassam, Dr. M. Sumair Khan respectively.



Student society leaders

LMDC celebrated the accomplishments of student society leaders at a Certificate Distribution Ceremony in the college auditorium. Certificates of appreciation were presented to office bearers of 11 student societies, recognizing their dedication to enhancing LMDC's academic culture.

The event, attended by faculty in charge/Chairpersons and distinguished professors, underscored LMDC's commitment to holistic education and student involvement in extracurricular activities.



Upcycling Project Exhibition

An Upcycling Project Exhibition was organized by the Enviro Green Health Society-LMDC, held on October 30th, 2023, from 9 AM to 11 AM at LMDC under the supervision of Prof. Dr. Nazli Gul Shujaat. Participants showcased their talents by crafting projects from discarded materials, shining a spotlight on responsible waste practices. This upcycling exhibition aimed to educate the students of LMDC regarding sustainability, recycling, and environmental consciousness.

To promote awareness, a medical waste management station was thoughtfully set up, providing valuable education on the usage of color-coded bins for our students.

This event witnessed the presence of our dedicated students, esteemed faculty members, and the gracious attendance of Principal Dental College, Prof. Dr. Aqib Sohail, who later distributed certificates to the organizers and the participants of the event.



Annual Presentations Competition of 2nd Year BDS

On November 3rd, 2023, the Department of Science of Dental Materials, Dental College, LMDC organized their annual Presentation competition amongst the students of 2nd Year BDS.

The students presented innovative topics from the field of Biomaterials and Emerging Technologies in Dentistry. The presentations gave the audience insight into the latest advancements in the world of Biomaterials as new materials are being developed rapidly in dentistry.

The Chief guest, Prof. Dr. Aqib Sohail appreciated the students' efforts and motivated them to work hard to achieve their goals. The panel of judges selected the top three presentations in descending order, Artificial Intelligence, Nanotechnology, and Self-Healing Composites. Certificates were distributed amongst the winners and their efforts were lauded by the senior faculty.



Enviro (GREEN HEALTH SOCIETY) Certificate Distribution Ceremony

8th November 2023

„In appreciation of the recent activities by all the members of Enviro(Green Health Society), the Chairperson Professor Dr. Nazli Shujaat, and Principal, Dental College, Professor Dr. Aqib Sohail, arranged a certificate distribution ceremony on 8th November 2023, The Principal, Prof. Dr. Aqib Sohail appreciated all the efforts undertaken by the Chairperson, President, Vice president, media head and other members of the society for their unabated efforts for promoting better environment. These certificates served as a token of appreciation to participants who actively participated and demonstrated a commitment to a better change in society.





Orthognathic Surgery: Genioplasty

The Dental College of Lahore Medical and Dental College arranged a talk on "Orthognathic Surgery: Genioplasty" by Prof. Dr. Adnan Shah, MDS, FRACDS, FDSRCS ED, FFD RCSI, FCPS, FDSRCPS, FRCDC, Diplomate ABOMS (OMFS Department, University of Manitoba Canada) on 16th November 2023. "The lecture started at 09:30 am in the college auditorium with a recitation of the Holy Quran.

The lecture was based on operated clinical cases, literature review, and recent advances in the management of Mandibular Deficiency. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to give closing remarks of the lecture; he further elaborated the topic and highlighted the importance of this topic. The lecture was closed after the Q&A session.



ISO CERTIFICATION

In a noteworthy achievement on December 12, 2023, LMDC Dental Hospital, once again led by the dynamic Principal Prof. Dr. Aqib Sohail, with the relentless dedication of Director Administration Mr. Raza Awan and the astute support of Company Secretary and Director Finance Mr. Asad, has successfully secured the prestigious ISO certification for the year 2023, demonstrating excellence. Prof. Khurram from BDS and Dr. Humayun Mirza from MBBS have played pivotal roles, significantly contributing to the team's consistent success in attaining international recognition. A wave of pride sweeps through the LMDC team as their persistent efforts, complemented by the expertise of Prof Khurram and Dr. Humayun Mirza, culminate in this well-deserved accolade. The unwavering commitment and hard work of the Dental Hospital and college staff shine through, marking an annual tradition of excellence in achieving this esteemed certification.



Common core seminar “Detection of caries using NILT”

The Department of Dental Materials in Dental College of Lahore Medical and Dental College conducted the Common Core seminar on the topic of “Detection of caries using NILT” on Thursday, 21/12/2023. The seminar facilitator was Dr. Aseef Asif. The seminar started at 10:30 a.m. The facilitator began with a brief introduction to the topic. After the completion of the presentation, the house was open for discussion. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar.



Common Core Seminar

The Department of Periodontology in Dental College of Lahore Medical and Dental College conducted a seminar on Thursday, 30th December 2023 on the topic "Guided Bone Regeneration". The seminar facilitator was Dr. Maha Maqbool. The seminar started at 10:30 am with a warm welcome to the entire respected faculty. The facilitator began the seminar with brief details regarding the principles, historical perspective, and recent advancements revolving around this procedure. The clinical applications of guided bone regeneration were discussed in detail including examples from clinical cases. 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 session was concluded by thanking everyone for attending. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar. The seminar was closed after the Q&A session.



Seminar:

"Give your stress wings and let it fly away."

Stress is one of the most prevalent occupational hazards in dentistry. Efforts are needed to reduce the stress and hence work on the mental well-being of the dentists. Dr. Mariam Fatima, Assistant Professor, Department of Community & Preventive Dentistry discussed with the honorable Principal of Dental College, Professor Dr. Aqib Sohail who encouraged her to plan some activities for the young dentists, and short group discussions with the house surgeons were planned. They were asked to enlist the stressors in dentistry and reflect on their experiences and they were guided on how to manage the situation efficiently.



Community Dentistry Department Planned Dental activity at United Charter School (A project of Beacon House Schools)

Department of Community & Preventive Dentistry, Dental College, LMDC, organized a periodic dental activity at United Charter School (A project of Beacon House Schools) to deliver essential oral health messages to both children and parents. The session began with presentations highlighting the importance of oral hygiene and proper brushing techniques. This was followed by a quiz and the winners were awarded prizes. As a token of appreciation, goodie bags were distributed amongst everyone.



The orthodontic department conducted a case-based learning activity with final-year BDS

The Orthodontic department conducted a case-based learning activity with final year BDS on 15th Dec 2023. The Case-Based Learning activity aimed to enhance critical thinking, problem-solving, and decision-making skills among participants through real-life orthodontic cases. It focused on applying theoretical knowledge to practical scenarios, fostering a deeper understanding of orthodontic treatment planning strategies. The class was divided into 11 groups. Each group was assigned one case comprising a characteristic malocclusion along with its complete diagnostic records and a set of questions to respond to. Participants engaged in lively discussions within their groups, analyzing the presented case from multiple perspectives. They diagnosed the malocclusion after analyzing various diagnostic records, discussed potential treatment options, and came up with the most effective approaches. The Senior Faculty members and demonstrators supervised each group and challenged participants to justify their treatment plans. They encouraged students to develop treatment plans while addressing their queries. The cases were presented by each group at the end of the group activity. These presentations were moderated by the head of department, Dr. Asma Shafique while Dr. Junaid Israr, Dr. Usman Zaheer, and Dr Usman Ghani served as judges. At the end of the activity, Prof. Asma Shafique addressed the students and explained the rationale behind the CBL. She highlighted that the Department of Orthodontics always strives hard to implement innovative teaching methodologies for the effective transfer of knowledge. The Principal of the Dental college, Prof. Dr. Aqib Sohail was invited to share his thoughts. In the closing remarks, the principal highly appreciated the efforts of the department. The day-long activity ended with certificate distribution to the successful group by the Principal Prof. Aqib Sohail. The activity was well perceived by the students, they considered that it enabled them to acknowledge the importance of an efficient team which plays a dynamic role in community service.



3 weeks Annual Academic Quiz Activity

21st December 2023

The academic session of oral surgery Final year BDS, concluded after a 3-week Annual Academic Quiz Activity on 21st December 2023. This activity was conducted by the Principal and Head of the Oral Surgery Department, Prof. Aqib Sohail, and facilitated by the academic staff of oral surgery. The quiz was specifically designed to improve the cognitive skills and wisdom of clinical problem solving among the students, meeting the teaching and assessment needs like multiple choice knowledge tests and short answer questions. The students of final year BDS actively participated in the competition and discussed their knowledge lacking.

The winning group was rewarded and appreciated. In the end, a certificate of appreciation was given to the best presentation and the best presenter of the 'critical literature review'. The department also acknowledged the student with the best academic/clinical performance throughout the year.



Common core seminar

The Department of Prosthodontics in Dental College of Lahore Medical and Dental College conducted the Common Core seminar on Thursday, 18th/1/2024. The seminar facilitator was Dr. Nida Saleem. The seminar started at 10:30 a.m. with a recitation of the Holy Quran. The facilitator began with a brief introduction to the topic and discussed her cases. After the completion of the presentation, the house was open for discussion. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar. The seminar was closed after the Q&A session.



Alumni Meet and Greet

Lahore Medical and Dental College (LMDC) recently organized its first Alumni Meet and Greet, bringing together graduates from various years to reconnect and reminisce about their time at the institution. The event, held on 25th January 2024, was a momentous occasion that highlighted the strong bonds and sense of community shared among LMDC alumni.

The Alumni Meet and Greet provided a platform for former students to reconnect with old friends, faculty members, and mentors. It was a chance for them to share their professional accomplishments, experiences, and memories since graduating from LMDC. The event also featured speeches from esteemed alumni who have made significant contributions to the field of medicine and dentistry.

The event was a resounding success, with attendees expressing their gratitude for the opportunity to reconnect with their alma mater and fellow graduates. It served as a reminder of the impact LMDC has had on their lives and careers, reinforcing the strong sense of pride and camaraderie shared among its alumni.

Overall, the first Alumni Meet and Greet was a memorable and meaningful event that strengthened the bond between LMDC and its graduates. It set a positive precedent for future gatherings, promising even more opportunities for alumni to reconnect, network, and celebrate their shared experiences.





ORIENTATION BDS

On Wednesday, 21st February 2024, the Student Affairs Committee organized an Orientation Program for the First Year BDS class. The program aimed to familiarize the students and their parents with the college and its procedures. Upon arrival, students were provided with Roll no. slips, as well as white coats and college bags containing a survival guide. The program took place in the auditorium, where both students and parents were seated.

The following dignitaries were invited to grace the event:

- Prof. Dr. Javaid Asghar, CEO of LMDC
- Dr. Muhammad Mansoor Ahmed, Executive Director, PGC Universities
- Maj. Gen. (R) Prof. Naeem Naqi, Principal, LMDC
- Mr. Asad Ahmad Khan, Company Secretary, LMDC
- Prof. Dr. Naeem Mubarak Pro-Vice-Chancellor (UBAS)
- Prof. Mian Muhammad Shafique
- Prof. Dr. Shazia Nilofar Ibne Rasa, Vice Principal LMDC.
- Prof. Hafiz Muhammad Asim (Dean College of Physical therapy LMDC)
- Dr. Bilal Asghar, Senior Consultant, LMDC
- Dr. Ammarah Hasnain Vice Principal Dental Technology Department UBAS.
- Dr. M. Annes ur Rehman, HOD Department of Nutrition Sciences UBAS
- Dr. Khurram Ijaz Medical Director Ghurki Trust Teaching Hospital Lahore.
- All Faculty Dental College, LMDC
- All Teachers in charge of Anatomy, Biochemistry Physiology Pharmacology General Pathology General Surgery General Medicine, and Heads of Department Lahore Medical & Dental College, Lahore.

The orientation program commenced at 9:30 am with a recitation from the Quran by Qari Muhammad Naveed followed by the national anthem.

Dr. Ussamah Waheed extended a warm welcome to all attendees before inviting Prof. Dr. Aqib Sohail, Principal/Dean of Dental College, to deliver a formal address to the first-year BDS class. He presented an informative presentation on various aspects including college infrastructure, facilities, and an ongoing medical hospital project. He also highlighted the requirements set by UHS for sitting professional exams as well as explained the examination system for BDS classes. Additionally, the continuous monitoring of student attendance and progress reports through a portal was emphasized, and communication channels between the college and parents were discussed.

Dr. Muhammad Mansoor Ahmed graced this occasion as chief guest. He motivated students to strive hard toward achieving their future goals.

After the formal addresses, a white coat and Oath-taking ceremony were conducted under the supervision of Prof. Asma Shafique. On behalf of the Principal and Faculty of Dental College, she expressed gratitude to the Director of Finance, Office Administration, IT Department, Student Affairs Department, and Housekeeping Department for their support. Following this, a group photo was taken in front of the College library to commemorate the First Year BDS class. All

Students and guests were then invited to enjoy refreshments. Subsequently, a college tour was organized to familiarize students with various departments such as medical and dental departments, library facilities, dissection hall, lecture theaters, laboratories, tutorial rooms as well as common rooms for both male and female students.

On 22nd February 2024, a program encompassing medical checkups, Biometric attendance verification, and IT skills training in students' web portal/mobile app along with tools necessary for online education took place. Regular classes are scheduled to commence on 26th February 2024 according to the provided timetable.



Common core seminar "Overview of Maxillofacial Trauma"

The Department of Oral and Maxillofacial Surgery in Dental College of Lahore Medical and Dental College conducted the Common Core seminar on the topic of "Overview of Maxillofacial Trauma" on Thursday, 22/2/2024. The seminar facilitator was Dr. Mahrukh Shahbaz. The seminar started at 10:30 a.m. The facilitator began with a brief introduction to the topic. After the completion of the presentation, the house was open for discussion. The Chairperson Prof. Dr. Aqib Sohail was invited to the closing of the seminar.



Presentation Skills

28th February 2024



WORKSHOP

Mastering research data, insight into Normal Distribution

The Chairperson of the Research Advisory Committee, Prof. Dr Nazli Shujaat, of the Dental College at LMDC, under the esteemed patronage of Principal, Professor Dr. Aqib Sohail, organized a sequence of workshops aimed at advancing the professional development of our House Surgeons. The facilitator of the workshop was Syeda LaLa Rukh Saba Shah, Assistant. Prof Community and Preventive Dentistry. The workshop took place on the 29th of February 2024 on "Mastering research data, insight into Normal Distribution". The workshops started with the introduction of the basics of biostatistics and later hands-on sessions were conducted in which the mentor guided the participants regarding data analysis, interpretation, and visualization of data.



Optimization of digital Radiation

4/3/2024



"Orthocraft: Mastering 2D & 3D Orthognathic Surgical Planning"

On March 7, 2024, the Department of Orthodontics, Dental College, LMDC hosted A workshop, "Orthocraft: Mastering 2D & 3D Orthognathic Surgical Planning" for postgraduate residents and Orthodontic specialists, providing 05 UHS-approved credit hours. The engaging workshop spanned two sessions from 9:00 AM to 5:00 PM

Under the patronage of Prof. Dr. Aqib Sohail, the workshop was facilitated by Prof. Dr. Asma Shafique HOD Orthodontics, Dr. Asad Ur Rehman, Assistant Professor & Mr. Zulfiqar Attique, CEO of Avenue Digital Laboratories. The workshop was co-facilitated by Prof. Dr. Junaid Israr, Dr. Usman Zaheer, Dr. Usman Ghani & Dr. Maira Mubashar. President Pakistan Association of Orthodontists, Dr. Shabbir Husain, graced the event as the chief guest. Session one focused on 2-D Cephalometric surgical prediction tracing, followed by hands-on activities, while session two delved into 3D surgical prediction and virtual surgery using 3D Dolphin and Pro-Face software. The patron-in-chief, Principal of the Dental college, Prof. Dr. Aqib Sohail distributed certificates & shields amongst the facilitators, co-facilitators, participants & organizers.



WORKSHOP

Descriptive analysis of qualitative and quantitative data on SPSS

The Chairperson of the Research Advisory Committee of the Dental College at LMDC, Prof. Dr. Nazli Shujaat, arranged a series of seminars to further the professional growth of our house surgeons. Syeda LaLa Rukh Saba Shah, Assistant Professor of Community and Preventive Dentistry, conducted the workshops. It was a two-day workshop held on the 28th and 29th of March 2024 on "Descriptive analysis of qualitative and quantitative data on SPSS". The workshops started with the introduction of the basics of qualitative and quantitative data and later hands-on sessions were conducted in which the mentor guided the participants regarding data analysis, interpretation, reporting, and visualization of data. certificates & shields amongst the facilitators, co-facilitators, participants & organizers.



Common Core Seminar

The Department of Community & Preventive Dentistry in Dental College of Lahore Medical and Dental College conducted the Common Core seminar on the topic of "Entrepreneurship in Dentistry" on Thursday, 21/3/2024. The seminar facilitator was Dr. Rehema Zahid. The seminar started at 10:30 a.m. The facilitator began with a brief introduction to the topic. After the completion of the presentation, the house was open for discussion. 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.



MEDICAL EMERGENCIES

5th April 2024

Department Of Oral and Maxillofacial Surgery conducted a Skill workshop on medical emergencies and their management. House officers and Postgraduates were directly involved. trainees. The Chairperson/ Principal Prof. Dr. Aqib Sohail was invited to give closing remarks of the lecture.



MEET THE FACULTY

Contributed by Dr. Mariyam Touqeer

Prof. Dr. Saima
Head of Department Operative Dentistry.
Dental College
LMDC

1. Why did you choose dentistry as a profession?

Initially, I was enrolled in MBBS in Army Medical College. I had a malocclusion, and my mother was tired of taking me to the Army Dental Centers, so she decided she wanted me to be a dentist, that way the family never had to go to another dentist. As my father was posted in Lahore, she had me take up Dentistry at de'Montmorency College of Dentistry. Ironically, I still have that malocclusion after one complete and two revision Orthodontic treatments.

2. We know that operative dentistry is a diverse field, and you have achieved a reputable position in that, being a woman what were the challenges that you faced in your career & how do you navigate them?

This is one of the most commonly asked questions and I always have the same answer. I have never had a single problem in this profession due to being a woman. If women consider themselves any less or any better than men, then they should be ready to be treated differently. I want to make this very clear that, unlike general perception, dentistry in Pakistan is a profession where women are treated well and equal to men. People who keep complaining of gender bias and especially women who say they should have things easier than men should remember that in a workforce, all genders are equal. I was never treated differently because of my gender. I have only received respect and cooperation from all of my colleagues, both seniors and juniors and I am grateful to all. We need to realize that women of our profession in other countries do not have such flexible working environments and are sometimes paid less than men for the same amount of work, whereas we do not face any of these biases here in Pakistan, we have the same benefits at work and equal promotions and growth opportunities. I am honored and grateful to be a part of the Dental fraternity of Pakistan.

3. What are your proudest professional accomplishments?

For any professional, the success and achievements of the people they have mentored are their greatest accomplishments. I am proud of having trained the largest number of consultants in Operative Dentistry in Punjab, some of whom are working as Heads of their departments and some as internationally acknowledged clinicians and authors of textbooks in Dentistry.

I also feel proud when female colleagues come to me and share how they took inspiration for venturing into private practice, especially Aesthetic Dentistry practice.

4. How do you stay updated on the latest developments and trends in your area of expertise?

Clinical Teaching, especially post-graduate teaching and examiner duties comes with the benefit that one is constantly required to update their information pool. Besides these interaction with my national and international colleagues across various professional and Information platforms always helps.

5. Would you like to share any amusing or interesting moments from your college time?

My most interesting experience from my college days was when de'Mont started working in evening shifts, during my house job. One evening, while doing a root canal obturation, there was a power failure and the patient had traveled from afar so he couldn't return for a second appointment. Since de'Mont didn't have a backup and mobile phones were rare at the time, me and my class fellows had to finish the procedures, by candlelight, a procedure that needed excellent illumination and magnification. We still laugh at the incident.

6. Who is your ideal personality?

I do not believe in Ideals. Each human is uniquely gifted and all should be equally celebrated.

7. What advancements do you foresee in dentistry in the upcoming future?

In the rest of the world, it seems like dentistry will become one of the most technology-dependent healthcare fields. In Pakistan, we can hope to catch up.

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

My message to all students has always been to be passionate about whatever you choose to do in life. Passion is the only internal motivation that keeps you going and helps you excel in any field. Creative work is possible only if you follow your passion. Money, power, and fame all run out, but passion doesn't.



MEET THE FACULTY

Contributed by Dr. Mariyam Touqeer

Prof. Dr. Sajid Naeem
Head of Prosthodontics
LMDC

1. What motivated you to pursue your career as a Prosthodontist?

A career in Prosthodontics involves designing and fitting artificial replacements for missing teeth and tissues. I chose this profession as it was fulfilling for several reasons. It not only provides a stable career but is also a noble profession, and alleviating suffering and promoting well-being is something I value. Dr. Nadeem, my friend's elder brother, was my mentor, offering guidance and wisdom based on his experience. He advised me to enroll in postgraduate study for a higher-level career, advanced knowledge, and specialization in a specific field.

2. What were the challenges that you faced in your professional career and how did you overcome them?

I graduated from Bolan Medical College Quetta, as the best graduate. I was the first one in Baluchistan who passed FCPS-I in dentistry, the first one in Pakistan who joined Prosthodontics as a trainee, and also the first FCPS in Prosthodontics. Being a small city at that time we didn't have postgraduate institutes, which were scarce even in the bigger ones. I moved to de'Montmorency College of Dentistry, Lahore, the only college in Punjab that offered the post-graduation FCPS level degree. Dental facilities were not sufficient in terms of essential equipment, supplies, and technology. We had a shortage of trained professionals and financial constraints. Working with limited resources in dentistry, especially in a 3rd world country requires creativity, dedication, and adaptability. I had dedication, perseverance, and a commitment to provide the best care to my patients accompanied with a willingness to overcome challenges. I worked very hard to achieve excellence in my field and to train young doctors to fill the gap of a limited pool of professionals.

3. Would you like to share any of your unforgettable memories during your college time?

My professional life was a struggle from being an undergraduate to a postgraduate. When I was admitted to BDS, the college was newly established and did not have basic facilities, so my classmates and I spent more time in the government health department for funds approval than in the classroom. When I joined FCPS training, I found myself in a similar situation. I was the first ever PG trainee, thus again facing a lack of infrastructure and tolerance for FCPS.

4. What are your proudest professional accomplishments?

At the undergraduate level, I was the best graduate of BMC Quetta. In Post graduation, I was the first FCPS in Prosthodontics.

5. What are your interests or activities outside dentistry?

I believe that hobbies and interests enrich our lives and contribute to a balanced lifestyle. I love reading books. It is a great way to unwind, reduce stress, and improve focus and concentration. It stimulates my imagination, making it an enriching and enjoyable pastime. I love collecting stamps as it offers a glimpse into history, culture, and geography through the study of stamps. It is also financially rewarding as rare stamp collections can appreciate over time. Another fascinating and rewarding pastime of mine is numismatics (coin collecting). I love history, learning about the culture and civilizations of different countries and periods represented by the coins. I am fond of exploring new destinations, experiencing different cultures, trying local cuisines, and engaging myself in activities unique to each place. I love pens; I have a lot of pens. They fascinate me.

6. Whom do you admire the most?

As I am a book lover, I am impressed by books especially which change my thinking and broaden my vision. A few books changed my mind. One of these is "Black Swan" written by N. Talib; I read it twice and it is still on my table. This book has changed my mind a lot.

7. What are your expectations from your students?

I believe that my students should stay updated with advancements in dentistry, demonstrate professionalism, and adhere to ethical standards. Additionally, they are expected to continue learning throughout their careers to provide quality care and adapt to evolving dental practices.

8. Any comments on the future of dentistry in Pakistan?

The future of dentistry in Pakistan depends on various factors including access to education, healthcare infrastructure, and economic development. Efforts to improve dental education, access to preventive care, and implement affordable treatment options are crucial. Additionally, technology advancements and tele-dentistry may play significant roles in expanding dental care to underserved populations. Collaboration between government, NGOs, and dental organizations is key to addressing oral health disparities and ensuring a brighter future for dentistry in our region. The future of Dentistry is bright, but I wish I could say the same for the future of the dentist!



STUDENT ACHIEVEMENTS

By Dr. Maleeha Mustafa

Dental students' dedication, hard work, and commitment, coupled with our esteemed faculty's guidance and support, have resulted in remarkable achievements that stood out amongst all the colleges affiliated with the University of Health Science.

- The college is proud to announce that the BDS First Year maintained an overall passing percentage of 93%, while the Second Year secured 81% in the annual professional examination.
- Lahore Medical & Dental College is also excited to announce the outstanding achievement of 23 DISTINCTIONS by the students of Second Professional BDS, and 07 DISTINCTIONS by the students of First Professional BDS.
- Maheen Kashif, Fatima Shafiq, and Zojaja stood first, second, and third respectively in the First professional examination in the class of LMDC while in the second professional examination Aiman Khalid, Fatima Khaleeq, and Natalia Saqib secured first and second, and third positions in second year class of Lmdc.

Student Contributions

Muhammad Zuhayr Khan, First-year BDS

In Lahore's embrace, a beacon of light,
Lahore Medical and Dental College, shining bright.
Its corridors echo with knowledge's call,
In its halls, passion and dedication enthrall.

Amidst white coats and stethoscopes' gleam,
In the heart of learning, I found my dream.
The pulse of academia, vibrant and true,
In LMDC's culture, my love grew.

From anatomy's cadence to bedside care,
Every lesson a journey, beyond compare.
In the mosaic of cultures, a tapestry fine,
LMDC, where diversity intertwines.

In Lahore's rhythm, I found my stride,
LMDC, where hearts and minds collide.
A sanctuary of growth, where futures take flight,
Forever in love with its environment bright.

OH HOW I WISH

Hafsa Mahmood
Final Year BDS

Oh how I wish every child would have a chance at an education
 Every act of love and kindness would have a reciprocation
 Every aggrieved would get the justice he deserves
 Every barrier and blockage to it would eventually swerve
 To live a life with joy, fervour and splendour
 Even when hope and light might appear slender
 Oh how I wish to see a world full of dreams and unwavering support
 A belief held on tight, even when it's the last resort
 For girls to giggle, play and sway
 Like the first break of early morning sunshine ray
 Fear of vanishing into thin air
 It would be such a wonderful affair
 Oh how I wish violence and animosity would suddenly disappear
 Friends and foes alike would hold each other dear
 Families' bonds would not be tarnished
 All would be forgotten no one admonished
 Break the chains of societal expectations
 That has been passed on throughout generations
 Oh I wish to see a world of glee
 Where love would always run supreme
 Respect and chivalry would ultimately rule
 Ignite a fire of accountability as its fuel
 Compassion and empathy would fill the world
 Every cruel and malicious existence constantly hurled
 Oh how I wish this dream would come true
 Courage and Valour are rampant, what a memorable view
 To see my beloved Pakistan soaring high
 Ascending heights, akin to towers high, where aspirations fly

Illustrious Alumni

Contributed by Dr. Nawal Talat

Dr Saad Usmani Board Certified Periodontist

Meet our next Alumni in focus, Dr Saad Usmani, from the batch of 2010. He is a board-certified periodontist with extensive training and experience in preserving periodontal health, periodontal plastic surgery, implant site preparation, and surgery. A fluent communicator with strong interpersonal and leadership skills, Dr. Saad was also very active in extracurricular activities and representative of the Dental Student Council. He completed his house job in 2011 and moved to the United States in 2015 for a fellowship. Dr. Saad completed his board certification from the American Board of Periodontology in 2023 and is currently practicing at the Veterans Affairs Hospital System in Boston, MA, USA.

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

With the number of memories I have linked to LMDC, it would be extremely hard to pick my 'fondest' memory. Well, here goes my first day - My sister was a senior in MBBS. So, on my first day, she came after the General Anatomy class to check up on me before I went into the dissection hall. As I was talking to her by the door, an instructor came by and asked me why I was talking to "a girlfriend". I told him it was my sister. The yelling that followed showed how little he believed me. As time went along, I've had numerous memories that are engrained in my brain forever - some, I can share, some I'd rather not.

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

During my time at LMDC, I have had great mentors, such as Prof. Dr. Aqib Sohail, Prof. Dr. Sajid Naem, and Prof. Dr. Faisal Muneer. The mentors were always available to answer very basic questions and mentor us in the clinics, whether it be repeating the same impression countless times till we got it right or taking 2 hours to extract the remaining root of a lower horizontally impacted 3rd molar. I remember on one occasion, I was struggling to extract a root canal-treated tooth, and the fragile apical end of the distal root would not budge, I asked Dr. Faisal to take over. Instead, he stood by my side, guiding me, step by step, till eventually the root popped out. This instilled confidence in my clinical abilities to handle difficult situations without the need for another clinician to intervene.

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

I was involved in cricket, football, and other sports day activities. I remember during my final year, Dr. Aamir Imdad (Oral Biology) and Dr. Ashfaq (OMFS), sent someone to look for me whilst I was in class. Turns out, there was a match between the de'Mont and LMDC (Faculty and PG trainees) and "match phass gaya thaa". I was asked to bowl 2 or 3 overs, which resulted in LMDC winning the game by 2 or 3 runs. Before I could celebrate, Dr. Imdad came to me and asked me to run back to class, because I was not faculty. Even though I was asked to return and not celebrate, little gestures from a superior make you believe you for who you are.

4. 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?

I want to say one thing before I get into the more serious aspect of the question - Enjoy your time! What I wouldn't do to go back to my time at LMDC. Now that I have gotten that off my chest... My biggest piece of advice is to keep a balance between education and personal/fun activities. Going either too left or right may have negative consequences.

Education does not only mean Tuckers or Jaypees, but it also means familiarizing yourself with the newest literature in the field and engaging in healthy debates with your teachers and mentors. Also, with the advent of Google and ChatGPT, if a problem has a solution, it will be available. If it's not available, talk to your mentors in research to help find that solution.

5. How has LMDC facilitated you in your professional career in a foreign country?

If I had to pick the best way that LMDC facilitated being who I am today, I would be conflicted between the tremendous clinical procedures and the bonds I had created with people during my time there. These people helped me through a lot of times!

6. What can you tell the young aspiring dentist about your pursuit of graduate education in the USA?

I did my post-graduate education in Periodontics. The procedures that I would read about in Carranza and wonder which patients do such procedures...well, that's what I do now. However, the road has been very long and tiresome. I graduated in 2012, and by the time I got accepted for any research position in America (translate – chota), was 2015. The time I started earning a paycheck through periodontics (after graduating from residency), was 2019. Despite all the hardships that I went through during these times, the result makes it all worth it. If I had to do it again, knowing the ending, I would do it over again.

7. How was your experience of the webinar at Med-connect?

The Med-connect webinar felt like I was back in LMDC. It's always a great feeling to be invited to give a talk, however, giving a talk, even if remotely, at my alma mater, was an honor. The session was an interactive one, and the questions were very inquisitive. One day, I would love to visit LMDC and lecture on Periodontics and Dental Implants.



Illustrious Alumni

Contributed by Dr. Nawal Talat

Prof. Dr. Khurram Nadeem
HOD Oral Medicine & Diagnostics
Dental College
LMDC.

Meet our next alumnus in focus: Prof. Dr. Khurram Nadeem, from the Batch of 2003. He graduated in 2007 and completed his house job in the year 2008. He is the 2nd Best Graduate of his class and a university position holder. He secured 4 gold medals and 6 silver medals in BDS. He started his career as a dental associate at a private dental clinic in Lahore and then left the job to pursue MCPS in Oral Surgery in 2010 under the supervision of Prof. Aqib Sohail. Upon the successful completion of his specialization, Dr. Nadeem assumed the role of Senior Registrar at the CMH Institute of Dentistry, making significant contributions to the field of Oral Medicine. His dedication and expertise led him to serve as an Assistant Professor and later as an Associate Professor of Oral Medicine at Faryal Dental College. His homecoming was in 2018 when he rejoined LMDC as an Associate Professor and Head of the Oral Medicine Department. In recognition of his exceptional contributions to the field, Dr. Nadeem was rightfully promoted to the position of Professor of Oral Medicine in 2023.

1. Can you share some of your fondest recollections or experiences during your time at our college?

Reflecting on this interview fills me with nostalgia. I still vividly recall joining as a student back in 2003 when the college building was only half constructed. Over the next few years, I witnessed its transformation as the dental clinics were distributed across both floors, with the surgery and operative departments relocating downstairs. Observing LMDC's growth day by day was a remarkable experience in itself.

One of the most cherished moments during my time as a student was the result day of the 2nd Prof. BDS when I secured the Third position in the UHS annual examination of 2005. The following day, I was pleasantly surprised to receive an appreciation letter from the Principal of LMDC in our class. It was a truly memorable experience, and I felt immense pride in knowing that I had made my parents and teachers proud with this achievement.

2. Your batch was one of the initial batches that were affiliated with UHS, what difficulties did you face?

Our batch was the first batch that underwent a revised scheme and curriculum by UHS. We encountered several challenges that tested our resilience and adaptability. One significant difficulty we faced was the adjustment to a newly established curriculum and examination system. With UHS affiliation came a shift in academic requirements and evaluation standards, requiring us to quickly familiarize ourselves with the updated protocols. MCQs were incorporated in addition to SEQ replacing the long essay questions. Physiology and Biochemistry were separated as subjects. Community & Preventive dentistry subjects were introduced in the curriculum, and lastly, separate papers for Periodontology and Oral Medicine subjects were introduced.

3. How has the guidance and support from your teachers in LMDC influenced and contributed to your career development?

As I reflect on my journey through the challenging terrain of BDS, I am overwhelmed with gratitude for the unwavering support and guidance of my teachers. My teacher's dedication to nurturing my growth as a dental professional has been instrumental in shaping my career. From the very beginning, they believed in my

potential even when I doubted myself. Their encouragement pushed me to strive for excellence, even in the face of adversity, explaining complex concepts and constructive feedback have been invaluable assets on this journey.

4. How did your schooling at our school set you up for your vocation or postgraduate examinations?

LMDC has a pivotal role in my grooming, not just as a practitioner but also giving me the academic maturity to be a humble academician. When we were doing our house job, most of us class fellows were worried about setting up our dental practice. But I think the skills we have learned from this outstanding institute will always be with us, and that has truly helped us a lot in current practice and trends in dentistry. Alhamdulillah, I and most of my classmates are running their dental practices and many other students of LMDC are also doing exceptional work. So, there is no doubt that the amount of clinical work that we used to practice here following strict cross-infection control measures truly impacts our clinical skills and day-to-day practice.

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

Our batch was fortunate during that period as we were exposed to a myriad of extracurricular activities. Whether it was Cricket, Hockey, Football, or Badminton, we enthusiastically engaged in each sport and athletic event held during the college's annual sports day. Among the highlights, I vividly recall the Mushaira and Annual Debates, followed by the Annual Drama, all meticulously organized by the students of LMDC. Being a consistent member of the organizing committee, I cherish numerous memories associated with orchestrating these events. Our teachers consistently extended their support and encouragement, urging us to actively participate in these extracurricular endeavors. We have been lucky enough to arrange and enjoy recreational trips every year and a few of our teachers also used to go with us on those trips.

6. What message will you give to the students?

As the Head of the Department, I address you with immense pride and a fervent call to action. You stand at the threshold of possibility, armed with knowledge, ambition, and the capacity to shape your future and the world around you.

Embrace challenges as opportunities for growth. Let your curiosity guide you, and let your dreams propel you forward. In the face of adversity, be resilient. Every setback is a lesson learned, and every failure is a stepping stone toward success.

But never forget the responsibility that accompanies your education. You are not just students; you are the architects of tomorrow. With knowledge comes the duty to use it for the betterment of society. Strive not only for personal success but also for the collective advancement of humanity.



INTERNATIONAL NEWS

By Dr. Ussamah Jatala

There's good news from the government of the United Kingdom that it plans to make a new rule for dentists trained outside the UK, including those from Pakistan.

Provisional registration will let dentists from other countries join the dental workforce in the UK and learn how to work there with support and supervision.

This will be the biggest change to dental rules in the UK in almost twenty years.

Making the plan work will be hard, and it will need dentists and people from all four parts of the UK to work together closely.

The government has made some important changes to the law, but there is still more to be done to get provisional registration. They will need to make detailed rules and ensure that there is support for dentists from other countries to become fully registered.

It's not as yet confirmed how many more dentists will be able to work in the UK because of these changes. It will depend on how temporary registration plans are made and how many spots providers can offer.

However, the most important thing is that patients and the public can trust that their treatment is given by a dental professional who is well-trained, qualified, and meets UK standards. People who want to temporarily register and work under supervision must meet these standards.

Stefan Czerniawski, who is in charge of the strategy, said: "It's great to see DHSC making fast changes to the law to allow for temporary registration. " "This is the first step in making the biggest change to dental rules in a long time. " We need to work quickly, but we can't forget to make sure that patients are safe and get good dental care. "We will make sure that our standards are still being met and that newly registered people get the help they need to practice safely and prepare for full registration. "

Dentists from other countries who want to work in the UK must go through a long process to register. The government and National Health Service (NHS) want to make it easier for dentists trained overseas to start working in the UK.

Right now, dentists from other countries who want to work in the UK have to take tests that can take a long time to finish. This means they have to wait a long time before they can start working as a dentist in the UK. The new idea would let the General Dental Council (GDC) temporarily register dentists from other countries. The GDC would have the power to decide the rules for this. This is to make sure that patients stay safe and get good care. Dentists who are still in training can work in different dental places, like regular dental offices, as long as they are supervised by a fully licensed dentist. Right now, 30% of dentists on the GDC list have qualifications from other countries. In 2022, 46% of new dentists on the list were trained overseas.

Dame Andrea Leadsom, who is a government official, said that their plan to fix the dental system will make it easier for people to get appointments and will help the dental industry. She said: "We need to make the workforce stronger. Our plans would get rid of unnecessary rules that stop dentists from other countries from working here, but still make sure patients get the best care and stay safe. We have a plan to make it easier for everyone to get dental care from the NHS. At the end of three months, on May 16, we will study the feedback and use it to create a final report. This new information will help make the proposed law better before it is discussed in Parliament.

John Makin, who leads the Dental Defence Union, said it's important for the General Dental Council to make it easy for dentists trained in other countries to register in the UK. But they also need to make sure that patients are safe. He said it might be hard to keep an eye on a lot of new dentists who are not fully registered yet. So, the DDU will look at the proposal closely and think about the possible dangers.

ADVANCES IN MODERN DENTISTRY

Regenerative Dentistry

The logical next step in prosthodontic/restorative dentistry is Regenerative Dentistry. Restorative Dentists have evolved from replacing teeth with removable prostheses to fixed ones and then to dental implants. Now the focus of modern research has shifted to 'regeneration' with stem cells. Regenerative dentistry is the process of regenerating dental cells for therapeutic applications.

Teeth are a natural source of stem cells. Stem cells are called 'precursor or progenitor' cells capable of self-renewal. Dental stem cells are characterized into:

1. Dental pulp stem cells (DPSC)
2. Stem cells from human exfoliated deciduous teeth (SHED)
3. Stem cells from apical papilla (SCAP)
4. Periodontal ligament stem cells (PDLSC)

The modern research is targeted toward the regeneration of damaged dentin, pulp, resorbed root, and periodontal regeneration. The plans to regenerate whole teeth are also there. However, there are many limitations as well, including the oncogenic potential of these stem cells. Also, most of the studies are limited to animals currently. Regenerated teeth are still not actual teeth as there will always be a need to grow nerve supply and blood vessels into such teeth.

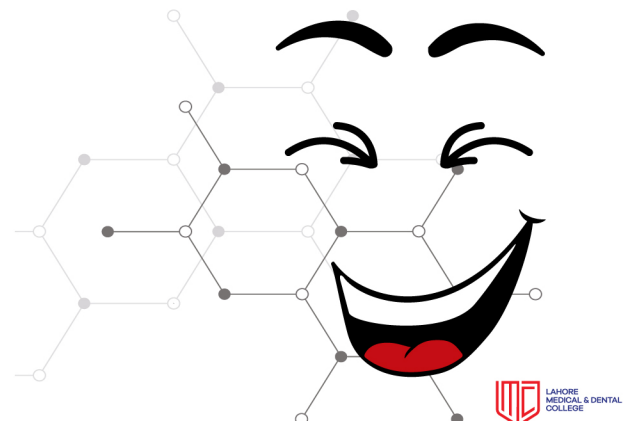
At the end of the day, even with all limitations, this is a very promising field in modern dentistry that will only improve and advance with ongoing research and eventual human clinical trials, resulting in a future with more 'natural' replacement of missing teeth.



Tooth Ticklers

by Dr. Junaid Israr

1. Feeling like your schedule is as crowded as a wisdom tooth? Let's extract some time for a little humor!
2. They say laughter is the best medicine. But until they invent a drill that runs on dental jokes, we'll stick to perfecting our technique!
3. As a dentist, I'm accustomed to dealing with biting criticism. But hey, at least it's not from my patients!
4. Dentist: 'This will just take a minute.' An hour later Dentist: 'Okay, that minute is up.'
5. Why did the dentist marry the manicurist? Because they were both good at picking things up.
6. I never trust a dentist who can't whistle. It means they can't work around braces. – Milton Berle.
7. A balanced diet is a cookie in each hand. – Barbara Johnson.
8. My dentist tells me I grind my teeth at night. But hey, at least I'm getting eight hours of sleep. – Emo Philips
9. A visit to the dentist is like paying someone to torture you, and then asking if you want to buy floss. – Groucho Marx
10. A dentist is a friend who fills cavities, tells you to floss, and never judges your popcorn habits. – Unknown
11. The difference between ordinary and extraordinary is that little extra. – Jimmy Johnson
12. It's not about how many times you fall that count. It's about how many times you get back up. – Nelson Mandela
13. The only person you are destined to become is the person you decide to be. – Ralph Waldo Emerson
14. The mind is everything. What you think you become. – Buddha



RESEARCH & PUBLICATIONS

Dr. Tayyaba Rafiq

		Topic	Author
Department of Dental Education	1	Strength of motivation of 1st year dental students of a dental institution: A cross-sectional study. (Approved)	Dr. Muhamad Tauqeer Ehsan, Dr. Fizzah Ali
	2	Self-Directed Learning Readiness in Medical & Dental Students (Ongoing)	
Oral Pathology	1	Correlation of periodontal phenotype with periodontal probing depth in maxillary anterior teeth; a cross-sectional study using probe transparency method.	Dr. Sadia Iqbal
	2	Correlation between gingival crevicular blood glucose and finger capillary blood glucose levels in periodontal patients to screen diabetes mellitus.	
	3	Empathy among undergraduates and postgraduate clinical dental students of Lahore Medical and Dental College.	
	1	Prevalence of dental attrition and its severity associated with age, gender, and parafunctional habits.	Dr. Ayesha
Oral Surgery	1	Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?	Dr. Aqib Sohail
	2	Factors motivating patients to undertake orthodontic treatment.	
	1	The prevalence of Periodontal disease by Community Periodontal Index in type II diabetic patients.	Dr. Nighat Zahid

		Topic	Author
Oral Surgery	2	Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?	Dr. Nighat Zahid
	1	Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?	Dr. Tayyaba Rafiq
	2	Empathy among undergraduate and postgraduate clinical dental students of Lahore Medical and Dental College.	
	1	Can dynamics elastic therapy be established as the standard protocol of closed reduction for moderately displaced extracapsular condylar fractures?	Dr. Fareed Chishti
	2	Incidence of ectropion in subciliary versus subtarsal incisions.	
	1	Role of cornoidectomy in OSF patients.	Dr. Zoya Aslam
	1	A comparison of silicone Silastics with Temporalis Fascia as interpositional material in patients of TMJ ankylosis	Dr. Fawaz Nadeem
	1	Effectiveness of autologous blood injections in chronic recurrent dislocation of TMJ	Dr. Abubakar Bin Nauman
	1	Effect of Arthrocentesis vs. medicinal therapy in patients with disc displacement disorders	Dr. Aneeza Ayyaz
	1	Conventional 2D miniplate vs 3D miniplate in the management of mandibular angle fractures.	Dr. Ayesha Muhammad Rana
	1	Frequency of postoperative MMF after ORIF in maxillary and mandibular Fractures.	Dr. Mahrukh Shabaz

		Topic	Author
	1	Effectiveness of botulinum toxin therapy in myofascial TMJ disorders.	Dr. Shyreen Liaqat
Orthodontics	1	Effect of 1st premolar extractions on nasopharyngeal airway dimensions. (Ongoing)	Dr. Asma Shafique
	2	Case-based Learning in Undergraduate Orthodontic Education. (Submitted for publication)	
	3	Effect of enamel surface modification on shear bond strength of resin-modified Glass ionomer Cement	
	4	Considerations determining satisfaction with the Orthodontic Treatment Process. (Ongoing)	
	1	Correlation Between Frontal Sinus Dimensions and Craniofacial Patterns. Pakistan Oral & Dental Journal, 43(2), 52-57.	Dr. Junaid Israr
	2	Assessment of changes in dentoskeletal parameters among Class II subjects following treatment with the Herbst Appliance: A longitudinal study. (Submitted for publication)	
	3	Correlation Between Dental Calcification Stage 5 And CVM Stage 3 in Class II Malocclusion Patients. Pakistan Orthodontic Journal 2023;15(Suppl)61-66.	
	4	Considerations determining satisfaction with the Orthodontic Treatment Process. (Ongoing)	
	5	Shear Bond Strength of ceramic and stainless-steel brackets after curing with high-intensity light emitting diode. (Ongoing)	

		Topic	Author
Orthodontics	1	Relationship between temporomandibular joint dysfunction and cervical inclination and craniocervical posture in class II division 1 malocclusion. Pakistan Orthodontic Journal, 15(1), 23–30.	Dr. Usman Zaheer
	2	Correlation Between Frontal Sinus Dimensions and Craniofacial Patterns. Pakistan Oral & Dental Journal, 43(2), 52-57.	
	3	The prevalence of dental agenesis among children with cleft lip and palate patients in Lahore, Pakistan. Pakistan Journal of Medical Sciences. 2024;40(3).	
	4	Frequency and Pattern of Anterior Crossbite with Primary and Mixed Dentition in School Children. Journal of Gandhara Medical and Dental Science. 2024;11(1):3-6.	
	5	Shear Bond Strength of ceramic and stainless-steel brackets after curing with high-intensity light emitting diode. Ongoing.	
	6	Considerations determining satisfaction with the Orthodontic Treatment Process Ongoing.	
	1	Comparison of relapse between fixed bonded-type & removable Essix-type retainers in mandibular anterior segment 06 months after debonding. Pakistan Oral & Dental Journal July 2023.	Dr. Asad Ur Rehman
	2	Case-based Learning in Undergraduate Orthodontic Education. Submitted for publication.	
	3	Considerations determining satisfaction with the Orthodontic Treatment Process. Ongoing	

		Topic	Author
Orthodontics	1	Factors Motivating Patients to Undertake Orthodontic Treatment. PJHMS, June 2023.	Dr. Maira Mubashar
	2	Effect of 1st premolar extractions on nasopharyngeal airway dimensions. (ongoing)	
	1	Factors Motivating Patients to Undertake Orthodontic Treatment. PJHMS, June 2023.	Dr. Fahad Chaudhry
	1	Motivation and Attitude of BDS Students and House Officers in Their Postgraduate Career Selection. JIIMC, Dec 2024.	
Operative Dentistry	1	Prevalence of Soft Drink Consumption in Dental versus Non-Dental students	Prof. Dr Saima Razaq Khan
	1	Practices and Attitude of Dental Clinicians Towards Dental Amalgam in Lahore	Dr. Anam Fayyaz
	1	Practices and Attitude of Dental Clinicians Towards Dental Amalgam in Lahore	Dr. Aisha Butt
	2	Relationship and Impact of Information Seeking Anxiety and Personality Traits on Health Information Seeking Behavior During Covid-19 in Lahore.	
	1	Comparison Of Shear Bond Strength of Fifth and Seventh Generation Adhesive Systems For Ceramic Orthodontic Brackets	Dr. Maham Anjum
Periodontology	1	Frequency of Biological & Technical Complications reported in Metal-Ceramic Fixed Dental	Dr. Syed Ibrar
	1	Correlation of periodontal phenotype with periodontal probing depth in the maxillary anterior quadrant, a cross-sectional study using the problem transparency method	Dr. Maha Maqbool

		Topic	Author
Prosthodontics	1	Clinical Evaluation of Impact of acrylic partial dentures on the periodontal conditions of abutments. (Approved)	Dr. Sajid Naeem, Dr. Khezran
	2	Evaluation of Patient satisfaction with complete denture fabrication at prosthodontic department of LMDC Lahore (submitted)	
	1	Evaluating communication through work authorization between dentists and dental technicians for fixed prosthesis.	Dr. Anum Fayyaz, Dr. Ussamah
Radiology	1	Evaluation of Salivary biomarkers for early detection of oral squamous cell carcinoma	Dr. Aneela Amjad
	2	Sialorrhea: A less commonly addressed symptom of patients presenting with neurological disorders in neurology and oral medicine specialties	
	3	Evaluation of efficacy of arthrocentesis with sodium hyaluronate in treatment of internal derangement of TMJ	