

ARMY COLLEGE OF DENTAL SCIENCES

AUGUST 2020



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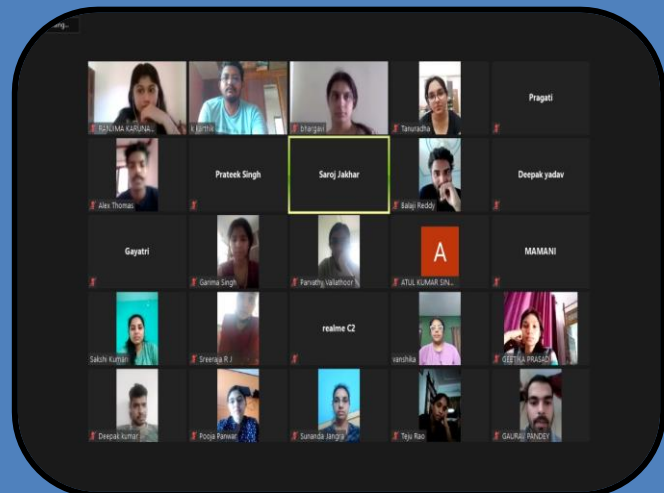
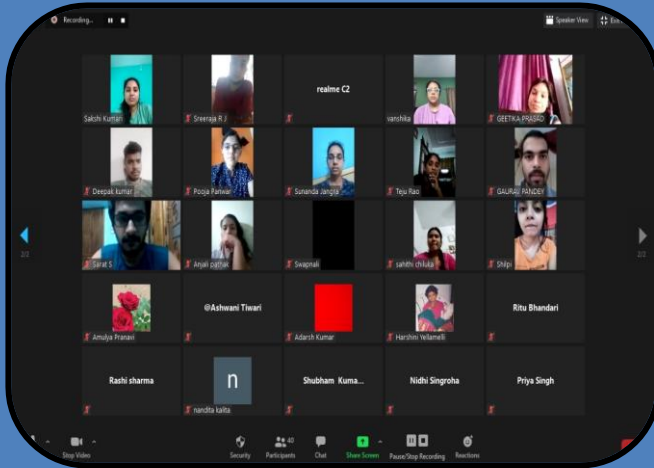
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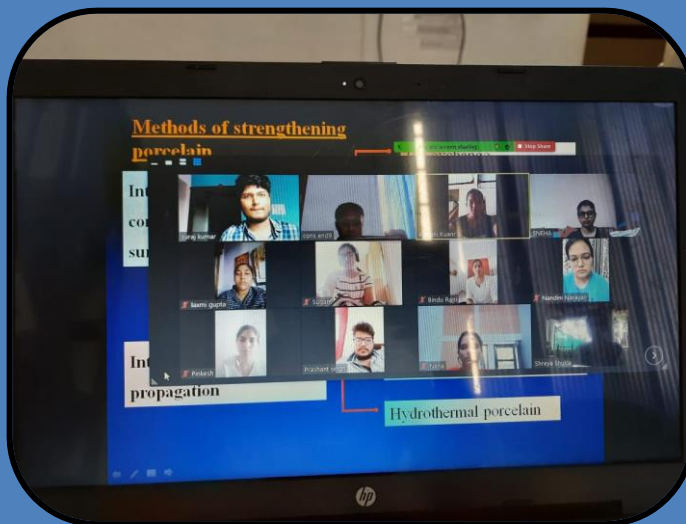
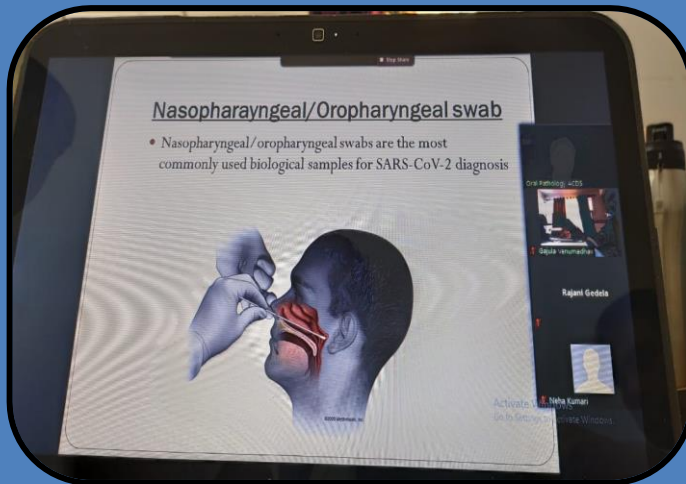
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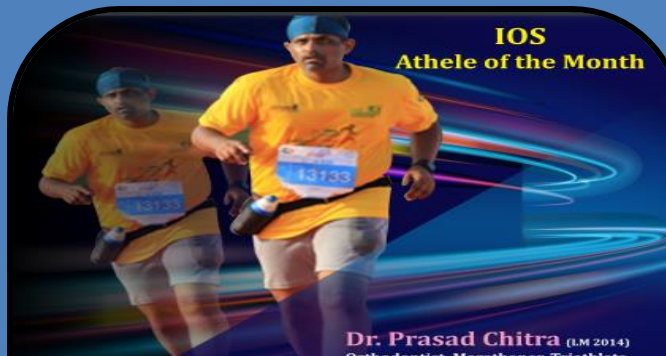
Students continued learning through Online classes





DR. PRASAD CHITRA IN IOS TIMES

Dr. Prasad Chitra, Professor and HOD of Department of Orthodontics was featured in the Indian Orthodontic Society (IOS) as IOS Athlete of the Month.



**IOS
Athlete of the Month**

Dr. Prasad Chitra (LM 2014)
Orthodontist, Marathoner, Triathlete

I was born in August 1972 at Hyderabad and completed my schooling at the Hyderabad Public School where playing competitive sports for at least a few hours every day was normal, unlike the lives children today have to lead. It was one of the biggest schools in India with a campus close to 400 acres. I completed my BDS from the SDM College of Dental Sciences in 1996 and joined the post graduate program in Orthodontics from the same institution where I completed my MDS in 1999. Unfortunately, in those days, not much encouragement was given to physical fitness. It was work all day, eat, sleep and repeat. I also completed 2 Memberships, the MDO RCPS and the MOrth RCS from Glasgow and Edinburgh a short time later.

I joined the Army College of Dental Sciences at Secunderabad in 2001 at inception and started the Orthodontics department. The years of teaching and practice flew by with no time or inclination to exercise. By late 2016, I was grossly overweight at a 110 kilos and a waistline of 40 plus inches. My knees hurt all day, I snored heavily at night and also had episodes of sleep apnoea.

My wife Dr. Suma was a national level athlete who represented Karnataka state in volleyball and athletics. She exercised every day and was part of a group called the Secunderabad Runners, again a part of Hyderabad Runners which is one of the largest organized running groups in India. Seeing my condition and knowing the consequences, she convinced me to try and find motivation to lead a better lifestyle. The motivation had taken a heavy toll on me by then. Luckily, I had tremendous mental strength. It was what saved me on numerous occasions all through school and college. I needed it now more than anything else. So, I started running in early 2016. The first few weeks were terrible. I couldn't run more than a few metres without feeling exhausted.

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My legs hurt and I didn't want to wake up each day. Still, I persevered every single day knowing well it was probably the last chance I had of ever regaining my fitness at that age. I also modified my diet completely as no exercise regime can produce results without the correct nutrition. I eliminated all refined foods, sugars, dairy products and bad fats. I was running easy 5Ks by now. Once I changed my dietary habits, my endurance levels shot up tremendously and the weight began to drop. I lost around 1 to 2 kilos a month. My running buddies inspired and pushed me to think of distances I thought I could never run. I went up to 10K runs and started dreaming of half marathons as the next goal. I did my first half marathon almost a year later. The elation I felt at conquering that distance of 21.098 kilometres is difficult to explain. At the end, I broke down and wept because of the amount of time, effort and sacrifice that went in. I was down to 80 kilos by then with a waist of 30 inches. An overall loss of 30 kilos and 10 inches. I changed my entire wardrobe thrice over 18 months.

My running team also had some crazy cyclists who cycled hundreds of kilometres nonstop all day and all night. I started cycling by early 2017 and bought myself a MTB followed by a Merida road bike. I was comfortably doing 100 K distances by this time and signed up for my first all night 200K(BRM) brevet shortly after. I completed multiple brevets of 200 and 300 kilometres. Pedalling on a dark, lonely Indian highway all night by yourself with only tracks and your thoughts for company is another life changing experience. Changing a bicycle flat in pitch darkness in pouring rain when you're soaking wet teaches you many lessons. I had completed multiple 10K, half marathons and cycling brevets by now. So I turned my attention to the absolute killer of endurance events, the Triathlon. I took part in multiple triathlons over the last 3 years. My favourite is the Olympic distance with 1.5 kms of swimming followed by 40 kms of biking and finally ending with 10 kms of running. I was planning on doing my first Ironman this year at Goa but the coronavirus situation put paid to my plans. I'll probably do it next year. In late 2017, I started dreaming of running a full marathon(42.2 kms). If ever anyone tells you a marathon is easy, never believe them.

As a prelude, to check my mental makeup and endurance, I signed up for the world's highest marathon at Ladakh at 11000 feet. Hyderabad in contrast is at 1500 feet. I trained well for Ladakh and even ran with a

special nose cover which didn't allow free breathing so that I got used to reduced oxygenation while running. I ran Ladakh in September 2018 and completed it successfully. I had to acclimatize, however, by going well in advance and allowing my body to get used to the reduced oxygen levels(30%). There was also a risk of developing acute mountain sickness during the race. In fact, I saw a large number of runners drop out, vomit and fall terribly sick en route. Long distance running requires time, patience, preparation, positive mental attitude and lifestyle modifications. I trained for 6 months really hard before I ran the Mumbai marathon in 2019. I was generally up at 4.30am, dressed up and drank a large black coffee before pumping the miles. Was done and dusted by 6.30 am most days except Sundays when I ran really long distances alone to train my body to get used to 5 hours plus of intense running. I ran a race distance of 32K at the Chennai Marathon just 3 weeks before Mumbai.

Running is truly in the mind. After a while, your body gives up and you run with your soul for company. The elation on reaching the finish line at Mumbai CST was another cherished moment. This year, I also ran my first Aerial Hyderabad full marathon, the toughest in India since most of the course is uphill (run with 10+ temperature). I also qualified by direct entry to my first World Marathon Major(6 World Majors - London, New York, Chicago, Berlin, Tokyo, Boston) at Chicago. I even got my US visa and was all set to go last October. I lost my dog a few weeks before and completely lost enthusiasm and motivation as a result. I also trained and completed this year's Mumbai Marathon. I love running in maximum city. It always brings out the best in me. Little did I know it would be the last race of this year. I have intentionally avoided mentioning timings of my races as I wanted to ignite the spark of fitness in our younger generation of orthodontists. Enjoy the physical activity without worrying about time or whether you would complete. In due course, you will become aware of the finer nuances of the sport and begin to improve. Everyone was once a beginner. My ultimate goal is to run all the World marathon majors and complete a few Ironman Triathlons. It's always important to have goals to remain motivated.

I would also like to stress on the importance of cross training for maintaining fitness and reducing injuries. Injuries are the bane of every athlete and I had my fair share of them. I swim, cycle, run and also do intensive reformer pilates. I purchased my own Merrithew Pilates Reformer just before the lockdown this year and use it as

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least twice a week. It helps stretch and exercise all major and minor muscle groups, improves posture and flexibility and is very relaxing. In addition, I also do yoga and meditation when possible. It keeps me calm and centered. Even though I am a very busy person, it is a necessity in the present day world. I kept running during the lockdown with a bandaana around my face. The local police began to recognize me as that crazy guy who runs at 4.30 all by himself. On some days, they even smiled and waved at me. Our health is the only thing that counts. Even though I have been doing endurance activities over the last 4 years have completely changed me as a person. I look at things very differently and don't get rattled easily anymore. I laugh more, sleep deeply and have made lasting friendships with running and cycling buddies as we went through our struggles together. I work harder with increased concentration, have learned to divide my day into segments and look forward to the next activity. I strongly encourage all of you to incorporate physical activity, yoga and meditation into your life. Your outlook of life will change, stress will be eliminated and the world will become a better place as a result.



A. From $\text{Fe}(\text{I})$ to $\text{Fe}(\text{III})$. Just keep pushing



II. Initiating the Absest Bag in my PG students



B. Early days of cinema



C. Hydrobot Ultra Marathon



E. Always enjoy running with my students.



F. At the Netherland Club: Nov. 218



SOUTHERN ARMY CHIEF VISITS ACDS

Lieutenant General CP Mohanty, GOC-in-Chief, Southern Command along with Maj Gen RK Singh, GOC, Telanganand Andhra Sub Area Visited ACDS

Southern Army chief visits ACDS

Secunderabad: Lieutenant General CP Mohanty, General Officer Commanding-in-Chief, Southern Command along with Major General RK Singh, General Officer Commanding, Telangana and Andhra Sub Area and other senior officers visited Army College of Dental Sciences



(ACDS) in Secunderabad on Tuesday. He took a keen interest in the briefing each department head on the methodology of imparting hands-on clinical training to students. Dr Ramana Reddy, Principal, ACDS, updated the Army Commander on the innovative methods being used for online coaching of the Undergraduates, practical training for post-graduates and interns on working models/training mannequins. He also informed on the precautions being taken to fight Covid-19.

వైద్యులను దేశం గర్వించేలా తీర్చిదిద్దాలి

● లెఫ్టినెంట్ జనరల్ సీపీ మహాంతి



పరికరాల పనితీరును మహాంతికి వివరిస్తున్న డాక్టర్లు

మంగళవారం ఆయన సందర్శించారు. ఈ సందర్భంగా కళాశాలలో నిర్వహిస్తున్న అకాడమిక్స్, సాంస్కృతిక కార్యక్రమాలను, విద్యార్థులకు క్లినికల్ అంశాలపై ఇచ్చే శిక్షణను ప్రిన్సిపాల్ డాక్టర్ రమణారెడ్డి వారికి వివరించారు. కొవిడ్ నేపథ్యంలో అండర్ గ్రాడ్యుయేట్ విద్యార్థులకు ఆన్లైన్ ద్వారా బోధన చేస్తున్నామని, పోస్టు గ్రాడ్యుయేషన్ విద్యార్థులకు ప్రాక్టికల్స్ విధానం ద్వారా శిక్షణ ఇస్తున్నామని అన్నారు. జవహర్ నగర్ డెంటల్ కళాశాల విద్యార్థులు జాతీయ, రాష్ట్ర స్థాయిలలో నిర్వహించిన సెమినార్ వర్క్ షాప్ లలో పాల్గొని అత్యుత్తమ ప్రతిభను చాటారని తెలిపారు. నేషనల్ ఇనిస్టిట్యూషన్స్ ర్యాంకింగ్ ద్వారా ఆర్మీ డెంటల్ కళాశాలకు జాతీయపరంగా 23వ స్థానం లభించిందని వివరించారు.

అల్వార్, ఆగస్టు 4 (ఆంధ్రజ్యోతి): దేశం గర్వించే విధంగా ప్రావీణ్యమైన దంత వైద్యులను తీర్చిదిద్దాలని జనరల్ ఆఫీసర్ కమాండింగ్ ఇన్ చీఫ్, లెఫ్టినెంట్ జనరల్ సీపీ మహాంతి అధ్యాపకులను కోరారు. రోగుల సంరక్షణకు భరోసా ఇవ్వడంతో పాటు అత్యున్నతమైన ప్రమాణాలతో వైద్య సేవలు అందించాలన్నారు. అత్యాధునికంగా ఆధునికరించిన జవహర్ నగర్ లోని ఆర్మీ డెంటల్ కళాశాలను తెలంగాణ, ఆంధ్రా నభవరియా జనరల్ ఆఫీసర్ కమాండింగ్ మేజర్ జనరల్ ఆర్.కె.సింగ్ తో కలిసి

నూతన ఆవిష్కరణలకు నాంది పలకాలి

జవహర్ నగర్: ఆర్మీ డెంటల్ వైద్య కళాశాల నూతన ఆవిష్కరణలకు నాంది పలకాలని లెఫ్టినెంట్ జనరల్ సీపీ మోహాంతి అన్నారు. మంగళవారం జవహర్ నగర్ కార్పొరేషన్ పరిధిలోని ఆర్మీ డెంటల్ కళాశాలలో నిర్వహించిన కార్యక్రమానికి ఆర్మీ జనరల్ ఆఫీసర్, కమాండింగ్ ఇన్ చీఫ్ జనరల్ ఆర్.కె.సింగ్, తెలంగాణ-ఆంధ్ర సుబాద్ ప్రాంత సీనియర్ అధికారులతో కలిసి మోహాంతి ముఖ్య అతిథిగా హాజరయ్యారు. ఈ సందర్భంగా కళాశాల ప్రిన్సిపాల్ డాక్టర్ రమణారెడ్డి విద్యార్థులకు క్లినికల్ శిక్షణ విధానాలను వివరించారు. ఈ సందర్భంగా లెఫ్టినెంట్ జనరల్ సీపీ మోహాంతి మాట్లాడుతూ జాతీయ స్థాయిలో 23వ ర్యాంక్ సాధించిన సీడీఎస్ నూతన ఆవిష్కరణలకు నాంది పలకాలన్నారు. దంత పరిశోధనల్లో విద్యార్థులు, ప్రొఫెసర్ల తీరును అభినందించారు.



మాట్లాడుతున్న సీపీ మోహాంతి

दक्षिणी सेना कमांडर का सेना दंत चिकित्सा विज्ञान महाविद्यालय का दौरा



दक्षिणी सेना कमांडर के जनरल अफसर कमांडिंग-इन-चीफ लेफ्टिनेंट जनरल सी पी मोहंती ने तेलंगाना



और आंध्र सब एरिया के जनरल ऑफिसर कमांडिंग मेजर जनरल आरके सिंह, और अन्य वरिष्ठ अधिकारियों के साथ सिकंदराबाद में सेना दंत चिकित्सा विज्ञान महाविद्यालय (आर्मी कॉलेज ऑफ डेंटल साइंसेज) का दौरा किया। जनरल ऑफिसर को पूरे महाविद्यालय के दौरे पर ले जाया गया, जिसमें उन्होंने प्रत्येक विभाग प्रमुख द्वारा छात्रों को नैदानिक प्र-

शिक्षण प्रदान करने की कार्यप्रणाली के बारे में दी गई ब्रीफिंग में गहरी रुचि ली। प्राचार्य डॉ. रमना रेड्डी ने शैक्षणिक और



अतिरिक्त पाठ्येतर गतिविधियों दोनों के बारे में सेना कमांडर को कॉलेज के असाधारण प्रदर्शन बारे में बताया। उन्हें स्नातकों की ऑनलाइन कोचिंग के लिए उपयोग किए जाने वाले नवोन्मेषी तरीकों, स्नातकोत्तर और इंटरन के लिए कार्य मॉडल/प्रशिक्षण डम्मी पर व्यावहारिक प्रशिक्षण और कोविड शर्तों के तहत निर्धारित सभी सावधानियों के साथ आपातकालीन मामलों के उपचार के बारे में भी जानकारी दी गई।

प्रधानाचार्य ने विभिन्न राष्ट्रीय और राज्य दंत चिकित्सा गोष्ठियों और कार्यशालाओं में छात्रों के प्रदर्शन पर प्रकाश डाला, जिनमें से अधिकांश सेना के जवानों के बच्चे हैं। जनरल ऑफिसर ने उत्कृष्ट मानकों को बनाए

रखने के लिए प्रबंधन, प्र-

धानाचार्य और संकाय की सराहना की, जो ए सी डी एस में राष्ट्रीय संस्थागत रैंकिंग फ्रेमवर्क द्वारा डेंटल कॉलेजों के बीच राष्ट्रीय स्तर पर 23वें स्थान पर और शीर्ष 10 प्रतिशत में तेलंगाना और आंध्र प्रदेश का एकमात्र डेंटल कॉलेज है। उन्होंने आह्वान किया कि वे रोगी की उचित देखभाल सुनिश्चित करते हुए सर्वश्रेष्ठ बने रहें और शीर्ष उच्च दर्जे के चिकित्सक तैयार करें।

जनसम्पर्क अधिकारी सिकंदराबाद



ACDS IN "INDIA TODAY" SURVEY

ACDS Ranked 4th among "The Emerging College of the Century" among all dental colleges (Government and Private) in INDIA by "INDIA TODAY" Survey.



→ DENTAL No. 1 MAIDS, NEW DELHI

trends. This year, all their classes are being conducted digitally. Their new 12-storey building is currently being used as a Covid Care ward by the Lok Nayak Jai Prakash Narayan Hospital. "As soon as we can conduct offline classes, we will resume training, as practice is an integral part of our curriculum," says Dr Sangeeta Talwar, director of MAIDS. Each final-year student of the five-year bachelor of dental surgery course is required to treat at least eight to 10 patients daily at various OPDs to get a real-life understanding of pathologies involving the jaw, mouth, teeth and gums. As most alumni recount, the practical experience at MAIDS was priceless.

Emerging branches of dentistry are equally valued at MAIDS. Modern smile design, one of the most sought-after specialisations in the world, is taught here keeping in mind the latest digital dental equipment. Students learn that designing the 'perfect' jaw is not only about aesthetics, but also about oral health. The institute is also entering fields of dental care for the elderly, tissue banking, forensic odontology, dental treatment for the differently-abled and community dentistry.

This diversification of dentistry reflects in the nature of research pursued here as well—MAIDS is the only Indian institute to have conducted a pioneering study in 2006 to understand the oral health practices and treatment needs of the elderly in rural India. "While working at major corporate chains or pursuing research have been traditional career options for BDS graduates, many are now looking to work with the National Health Mission and take dental care to rural areas," says Dr Talwar. Dental diseases are a significant public health menace in India—a 2016 study done at the National

TOP 10 COLLEGES

- 1 MAULANA AZAD INSTITUTE OF DENTAL SCIENCES, *New Delhi*
- 2 FACULTY OF DENTAL SCIENCES, KING GEORGE'S MEDICAL UNIVERSITY, *Lucknow*
- 3 POST-GRADUATE INSTITUTE OF DENTAL SCIENCE, *Rohtak*
- 4 FACULTY OF DENTAL SCIENCES, IMS, BHU, *Varanasi*
- 5 MANIPAL COLLEGE OF DENTAL SCIENCES, *Manipal*
- 6 NAIR HOSPITAL DENTAL COLLEGE, *Mumbai*
- 7 GOVERNMENT DENTAL COLLEGE & HOSPITAL, *Mumbai*
- 8 DR R. AHMED DENTAL COLLEGE & HOSPITAL, *Kolkata*
- 9 GOVERNMENT DENTAL COLLEGE & HOSPITAL, *Nagpur*
- 10 CHRISTIAN DENTAL COLLEGE & HOSPITAL, *Ludhiana*

TOP 10 EMERGING COLLEGES OF THE CENTURY


- 1 I.T.S. CENTRE FOR DENTAL STUDIES & RESEARCH, *Ghaziabad*
- 2 AMRITA SCHOOL OF DENTISTRY, *Kochi*
- 3 SRI RAMACHANDRA DENTAL COLLEGE & HOSPITAL, *Chennai*
- 4 ARMY COLLEGE OF DENTAL SCIENCES, *Secunderabad*
- 5 MANAV RACHNA DENTAL COLLEGE, *Faridabad*
- 6 I.T.S. DENTAL COLLEGE, HOSPITAL & RESEARCH CENTRE, *Greater Noida*
- 7 SCHOOL OF DENTAL SCIENCES, SHARDA UNIVERSITY, *Greater Noida*
- 8 BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY) DENTAL COLLEGE & HOSPITAL, *Navi Mumbai*
- 9 COORG INSTITUTE OF DENTAL SCIENCES, *Virajpet*
- 10 PMS COLLEGE OF DENTAL SCIENCE & RESEARCH, *Thiruvananthapuram*

Colleges whose first batch graduated in or after 2000 were considered

ACDS Ranked 21th among all dental colleges (Government and Private) in INDIA by "INDIA TODAY Magazine Dental College Ranking 2020"

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→ RANKS AND SCORES OF COLLEGES → DENTAL



	OVER-ALL RANK 2020	OVERALL RANK 2019	COLLEGE AND CITY	INTAKE QUALITY & GOVERNANCE	ACADEMIC EXCELLENCE	INFRASTRUCTURE & LIVING EXPERIENCE	PERSONALITY & LEADERSHIP DEVELOPMENT	CAREER PROGRESSION & PLACEMENT	SUBJECTIVE SCORE	PERCEPTUAL SCORE	OVERALL SCORE
				300	300	240	180	180	1,200	800	2,000
↕	1	1	MAULANA AZAD INSTITUTE OF DENTAL SCIENCES, DELHI	288.3	288.9	236.9	185.8	143.0	1,092.7	800.0	1,892.7
↕	2	2	FACULTY OF DENTAL SCIENCES, KING GEORGE'S MEDICAL UNIVERSITY, LUCKNOW	283.5	255.5	223.1	144.2	159.7	1,048.0	795.2	1,843.2
↕	3	3	POST GRADUATE INSTITUTE OF DENTAL SCIENCES, ROHTAK	254.2	211.5	202.7	141.9	151.5	961.8	779.9	1,741.7
↕	4	4	FACULTY OF DENTAL SCIENCES, IMS, BHU, VARANASI	247.3	199.1	211.3	145.1	151.7	954.5	771.7	1,726.2
↕	5	5	MANIPAL COLLEGE OF DENTAL SCIENCES, MANIPAL	215.7	213.4	194.8	145.7	145.5	914.9	785.5	1,690.4
↕	6	6	NAIR HOSPITAL DENTAL COLLEGE, CHENNAI	215.2	198.8	132.1	138.8	123.8	808.5	767.8	1,576.3
↕	7	7	GOVERNMENT DENTAL COLLEGE & HOSPITAL, MUMBAI	208.7	188.9	181.0	131.6	135.6	805.8	767.4	1,573.2
↑	8	11	DR R. AHMED DENTAL COLLEGE & HOSPITAL, KOLKATA	226.5	179.3	145.8	122.1	114.6	788.1	739.3	1,527.4
↑	9	10	GOVERNMENT DENTAL COLLEGE & HOSPITAL, NAGPUR	201.5	228.2	188.8	112.8	125.4	840.7	870.9	1,511.6
↓	10	8	CHRISTIAN DENTAL COLLEGE & HOSPITAL, LUDHIANA	184.4	189.8	187.8	135.2	116.3	793.8	715.7	1,509.3
↓	11	9	MANIPAL COLLEGE OF DENTAL SCIENCES, MANAGERU	181.5	224.8	139.8	138.8	139.5	790.5	718.5	1,507.0
↕	12	12	FACULTY OF DENTAL SCIENCES, RAMAIAH UNIVERSITY OF APPLIED SCIENCES, BENGALURU	207.5	207.4	218.8	148.4	124.9	903.0	588.9	1,471.9
↑	13	16	DR ZIAUDDIN AHMAD DENTAL COLLEGE, ALIGARH MUSLIM UNIVERSITY, ALIGARH	233.3	189.8	159.0	132.7	125.5	820.3	651.5	1,471.8
↓	14	13	SOM COLLEGE OF DENTAL SCIENCE & HOSPITAL, BHARWAD	179.0	198.5	133.0	138.3	122.4	771.2	687.8	1,459.0
↑	15	19	FACULTY OF DENTISTRY, JAMIA MILLIA ISLAMIA, NEW DELHI	248.4	195.3	125.8	121.1	125.1	813.5	623.6	1,437.1
↑	16	18	I.T.S. CENTRE FOR DENTAL STUDIES & RESEARCH, BHARATNAGAR	204.2	204.8	184.5	143.2	138.3	873.0	561.8	1,434.8
↕	17	17	AMRITA SCHOOL OF DENTISTRY, KODCHI	198.1	199.4	205.2	138.0	105.5	846.2	588.6	1,434.8
↓	18	14	A.B. SHETTY MEMORIAL INSTITUTE OF DENTAL SCIENCES, MANGALURU	183.7	194.0	196.7	131.4	102.5	788.3	824.4	1,412.7
↓	19	15	SRI RAMACHANDRA DENTAL COLLEGE & HOSPITAL, CHENNAI	137.2	198.9	196.9	131.7	113.4	778.1	822.7	1,400.8
↑	20	21	SAVEETHA DENTAL COLLEGE, CHENNAI	188.1	198.2	186.2	144.1	125.1	821.7	495.3	1,317.0
↑	21	20	ARMY COLLEGE OF DENTAL SCIENCES, SECUNDERABAD	185.4	193.0	157.4	120.3	115.3	777.4	537.8	1,315.0
↕	22	22	GOVERNMENT DENTAL COLLEGE & HOSPITAL, AVRANGABAD	217.1	180.9	184.9	124.0	109.9	778.8	531.8	1,308.6
↑	23	26	DR HARVANKSH SINGH JUDGE INSTITUTE OF DENTAL SCIENCES & HOSPITAL, CHANDIGARH	183.7	156.0	123.3	114.4	123.8	701.2	497.1	1,198.3
↕	24	24	MANAV RACHNA DENTAL COLLEGE, FARIDABAD	187.0	155.4	111.4	113.8	121.3	688.9	508.4	1,197.3
↑	25	27	BHARATI VIDYAPEETH DENTAL COLLEGE & HOSPITAL, PUNE	182.4	198.9	180.0	82.7	75.4	697.4	498.7	1,196.1
↓	26	25	I.T.S. DENTAL COLLEGE, HOSPITAL & RESEARCH CENTRE GREATER NOIDA	184.3	185.5	181.8	132.7	117.5	781.8	410.7	1,192.5
↓	27	23	COLLEGE OF DENTAL SCIENCES, DAVANAGERE, KARNATAKA	181.5	193.8	179.5	133.8	87.5	738.1	441.3	1,177.4
-	28	NP	SCHOOL OF DENTAL SCIENCES, SHARDA UNIVERSITY, GREATER NOIDA	178.2	170.5	170.7	120.4	104.5	742.3	431.4	1,173.7
↓	29	28	THE OXFORD DENTAL COLLEGE & HOSPITAL, BENGALURU	181.6	159.1	105.4	137.8	118.9	688.8	478.1	1,158.7
↓	30	29	BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY) DENTAL COLLEGE & HOSPITAL, NAVI MUMBAI	129.8	185.5	101.6	108.5	118.3	641.7	490.8	1,132.3
↓	31	30	COORG INSTITUTE OF DENTAL SCIENCES, VIRAJPET	129.8	198.2	139.1	102.3	108.9	678.1	432.4	1,108.5
↑	32	33	PMS COLLEGE OF DENTAL SCIENCE & RESEARCH, THIRUVANANTHAPURAM	178.8	185.1	119.9	167.7	104.8	678.1	404.3	1,080.4
↓	33	31	D.A. PANDU MEMORIAL R.V. DENTAL COLLEGE, BENGALURU	136.0	191.5	131.2	100.9	107.0	668.8	413.5	1,080.1
↓	34	32	YENEPOYA DENTAL COLLEGE, MANGALURU	138.5	196.9	186.8	132.2	116.7	765.1	314.7	1,079.8
↕	35	35	GURU NANAK INST. OF DENTAL SCIENCES & RESEARCH, KOLKATA	182.3	118.2	109.8	48.9	88.9	523.9	554.4	1,078.3
↑	36	40	VISHNU DENTAL COLLEGE, BHIMAVARAM, ANDHRA PRADESH	189.3	174.8	138.8	122.7	122.7	740.3	308.8	1,048.9
↑	37	39	BHOJA DENTAL COLLEGE & HOSPITAL, JALDI, HIMACHAL PRADESH	134.1	152.7	113.0	134.7	121.2	655.7	304.5	960.2
↑	38	42	J.S.S. DENTAL COLLEGE & HOSPITAL, MYSURU	154.9	187.7	145.1	143.8	99.7	711.2	243.9	955.1
↓	39	37	KRISHNADEVARAYA COLLEGE OF DENTAL SCIENCES & HOSPITAL, BENGALURU	135.5	182.1	131.8	134.5	119.3	743.2	208.0	952.2
-	40	NP	VIVEKANANDHA DENTAL COLL. FOR WOMEN, NAMAKKAL, TN	197.0	134.8	182.5	182.8	157.7	754.8	192.8	947.6

NP: Not participated. All scores have been rounded off to one decimal place. This may result in rounding off errors while adding the parameter-wise score. The colleges not ranked during Perceptual Survey have been assigned 0.0 marks in Perceptual Score

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PRIVATE DENTAL COLLEGES ALL INDIA

RANK 2020	COLLEGE	CITY	COMPOSITE SCORE
1	Manipal College of Dental Sciences	Manipal	629
2	Manipal College of Dental Sciences	Mangaluru	426
3	A.B. Shetty Memorial Institute of Dental Sciences	Mangaluru	421
4	Saveetha Dental College	Chennai	395
5	SDM College of Dental Sciences & Hospital	Dharwad	392
6	Sri Ramachandra Dental College & Hospital	Chennai	385
7	Christian Dental College	Ludhiana	360
8	Army College of Dental Sciences	Secunderabad	333
9	JSS Dental College & Hospital	Mysuru	330
10	Sinhgad Dental College and Hospital	Pune	299
11	Institute of Dental Sciences, Siksha 'O' Anusandhan	Bhubaneswar	293
12	Chettinad Dental College & Research Institute	Chennai	281
13	The Oxford Dental College & Hospital	Bengaluru	270
14	I.T.S. Dental College, Hospital & Research Centre	Greater Noida	268

THE WEEK • AUGUST 30, 2020

INDEPENDENCE DAY CELEBRATIONS

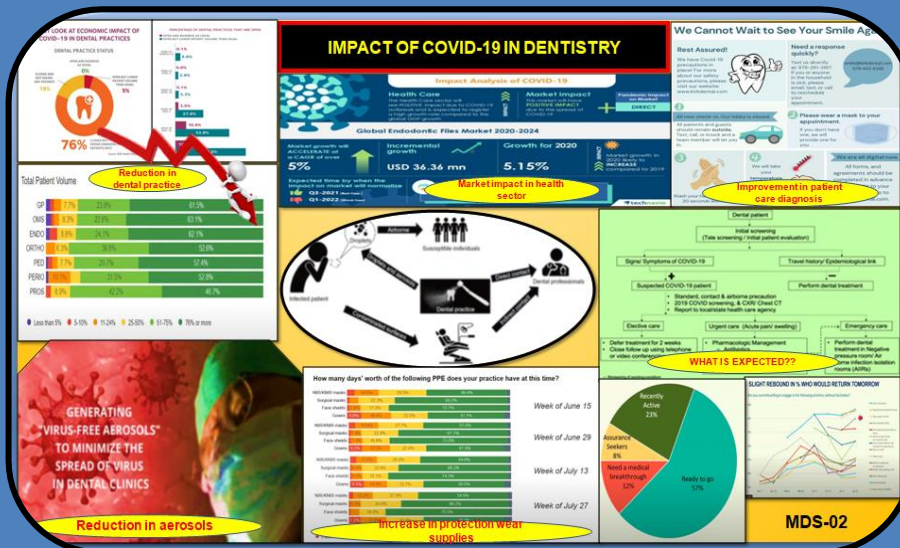
Independence Day was celebrated in the college campus. Flag was hoisted by Dr. Ramana Reddy Principal of ACDS. Dr. Abhimanyu ,Senior Lecturer in the Department of Prosthodontics Coordinated the whole event.





Dr. KEERATANA (P.G STUDENT) WON 1st PRIZE IN E-POSTER COMPETITION

Dr. Keertana 3rd year Post Graduate Student from Department of Orthodontics and Dentofacial Orthopaedics bagged 1st prize in Virtual E poster Competition for Dentist on "Impact of Covid 19 in the field of Dentistry" Organized by Odont Academy Of Learning, Bangalore held on 15th August 2020 under MDS category.



CERTIFICATE OF ACHIEVEMENT

THIS IS TO CERTIFY THAT
Dr. KEERTHANA P
 SECURED FIRST PLACE ON A
VIRTUAL E-POSTER COMPETITION FOR DENTISTS
 ON
IMPACT OF COVID-19 IN THE FIELD OF DENTISTRY
 ORGANISED BY ODONT ACADEMY OF LEARNING, BANGALORE, ON
 15TH AUGUST 2020 UNDER THE MDS CATEGORY.

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DR MANJUNATH HEDGE
JUDGE

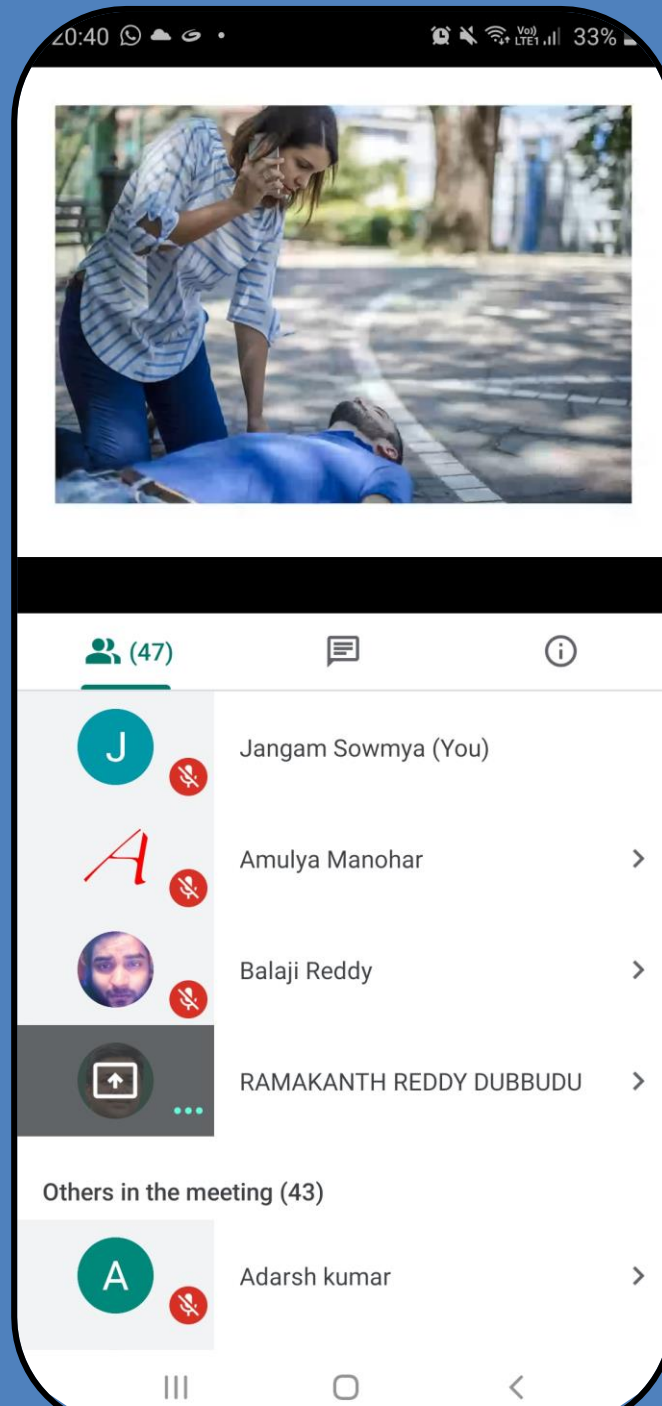
DR CHANCHAL GUPTA
FOUNDER & PRESIDENT

DR DIVYA BHAT
JUDGE




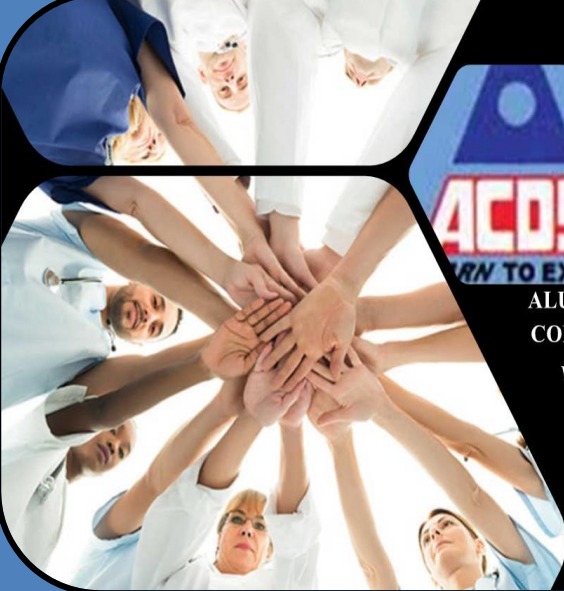
LECTURE ON BLS

Lecture on Basic Life Support was held on 18 August 2020. Key Note Speaker was Dr. Ramakanth Reddy, Consultant at AIG Hospitals and Professor at SVS Mahububnagar using Google meet. All the Undergraduate Students of 3rd Yr, Final Yrs and Interns attended the lecture.



ALUMNI LECTURE

Alumni Association of Army College of Dental Sciences hosted a webinar on "How Technology Can Drive Revenue To Your Practices" on 30th August 2020.

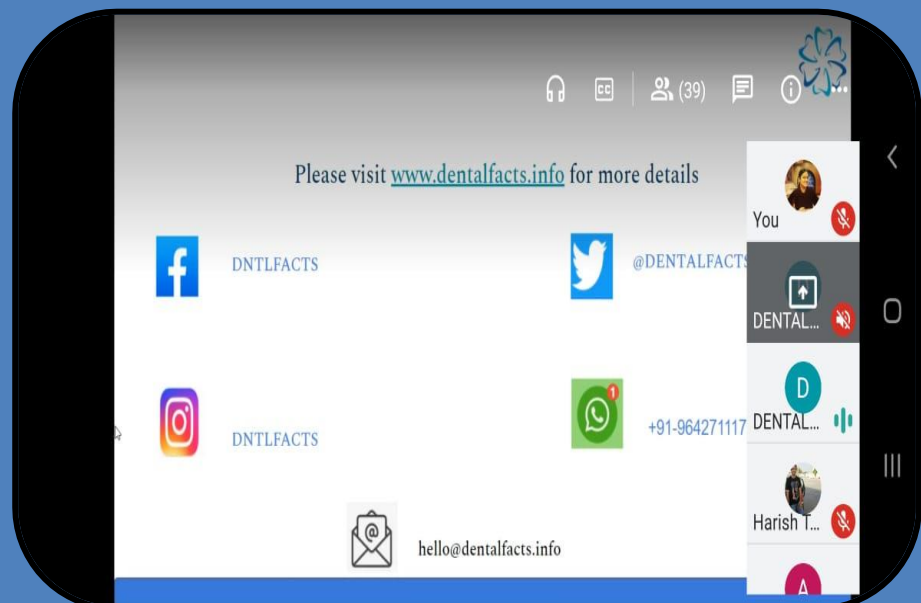


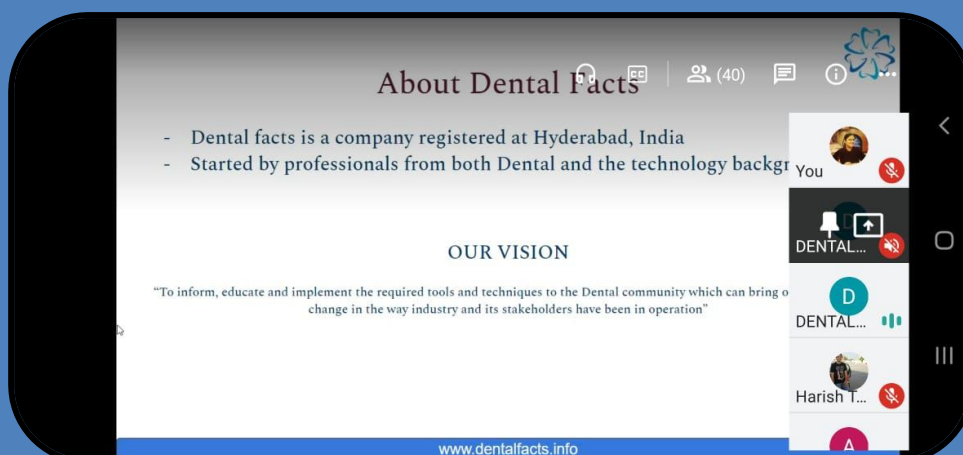
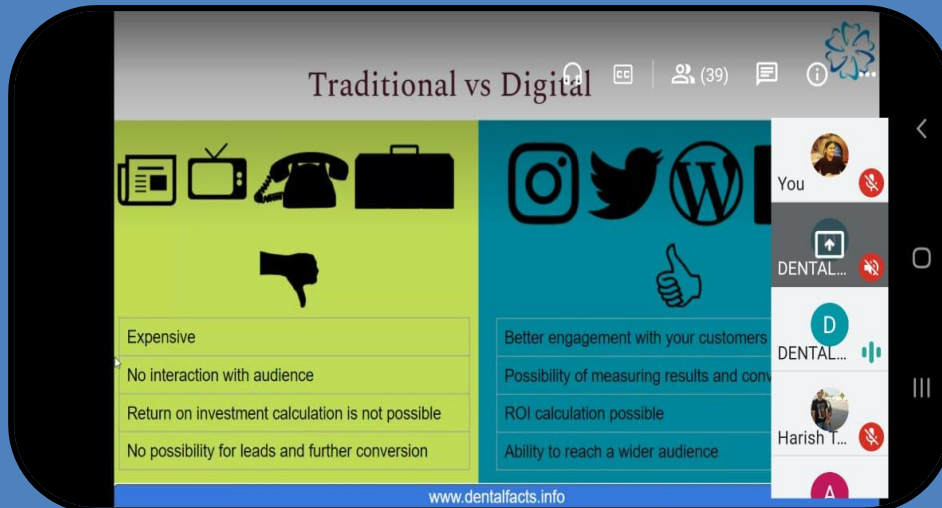
**ALUMNI ASSOCIATION OF ARMY
COLLEGE OF DENTAL SCIENCES**

**WEBINAR: HOW TECHNOLOGY CAN
DRIVE REVENUE TO YOUR
PRACTICE?**

WEBINAR BY DENTALFACTS

Date: 30th august 2020, Sunday
Time: 8PM TO 9PM
For details contact: 9676677039.





FACULTY DEVELOPMENT PROGRAMME

All the of staff of ACDS attended the Faculty Development Programme webinar conducted by Vishwa Vishwani Institute of Systems and Management, Hyderabad on 28th August 2020.



The B-School

Faculty Development Program Faculty as Mentor

Friday
28th August
5.30 pm to 7 pm

A mentor teacher has been described as a “coach, trainer, positive role model, developer of talent, and opener of doors.”

If Employability = Capability + Copability, ask yourself: “Are you fulfilling your role as an effective faculty of business management, especially in today’s VUCA world? Are you really doing all you can to create a nurturing, caring environment for your students?”

Join us for an online session on this enveloping and career-changing perspective

Session Takeaway:

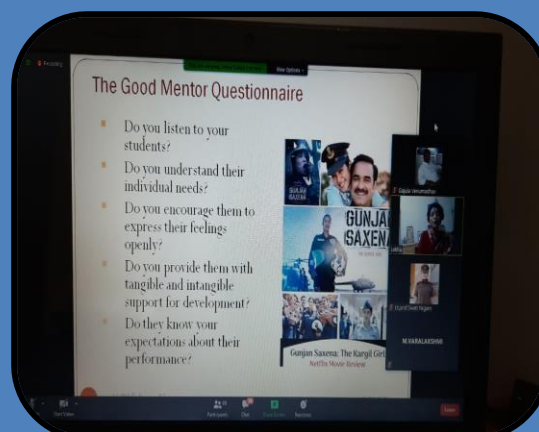
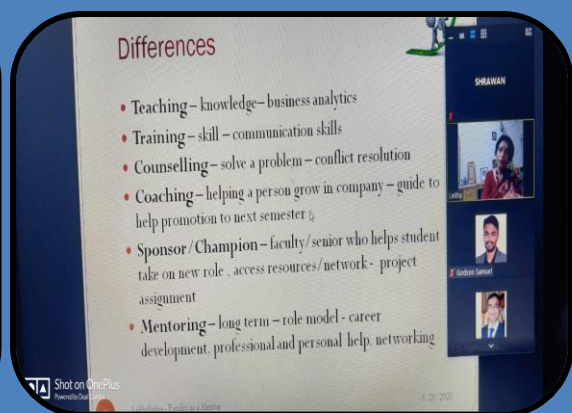
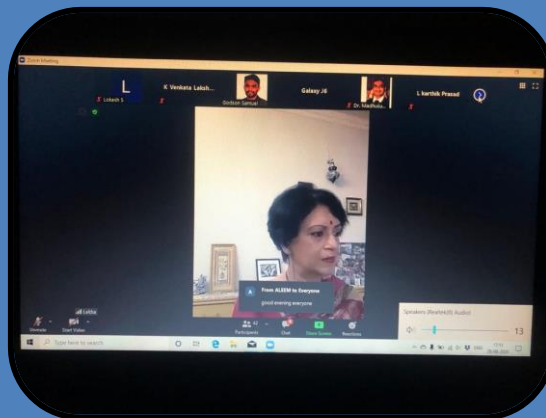
- ◇ The integrated faculty: triad of roles - Teaching, Research and Service
- ◇ Mentoring as key to Student Partnering
- ◇ Polishing Professional, Knowledge, Career and Life skills
- ◇ Understanding expectations and motivations on both sides
- ◇ Building a successful mentoring relationship

The Facilitator:

Lekha Sishta is a global Talent Strategist, consultant and advisor. She is a qualified Independent Board member, and Leadership and personal coach. She has over four decades of global corporate experience, with the last two decades in CXO leadership positions. She earned her Master's in Management from the Indian Institute of Management, Bangalore.



Lekha is a passionate teacher, and had been balancing her corporate career to teach in some of the prestigious B schools in India and Abroad. She has won numerous awards, chief among them are the Indira Gandhi Priyadarshini Award, and the Visionary Women Leader 2019 by the reputed Business APAC magazine, published out of Singapore.



ACDS RANKING BY MINISTRY OF HUMAN RESOURCE DEVELOPMENT

ACDS Ranked 23rd among all dental colleges (Government and Private) in INDIA . Ranking was given by "Ministry of Human Resource Development" India Ranking 2020:Dental.

National Institutional Ranking Framework
Ministry of Human Resource Development
Government of India

India Rankings 2020: Dental

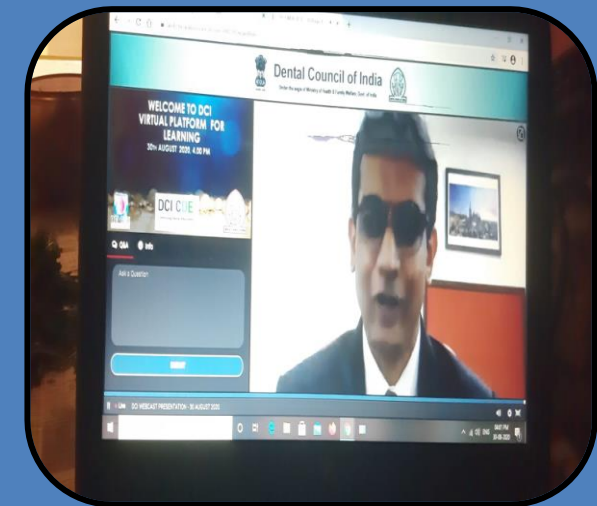
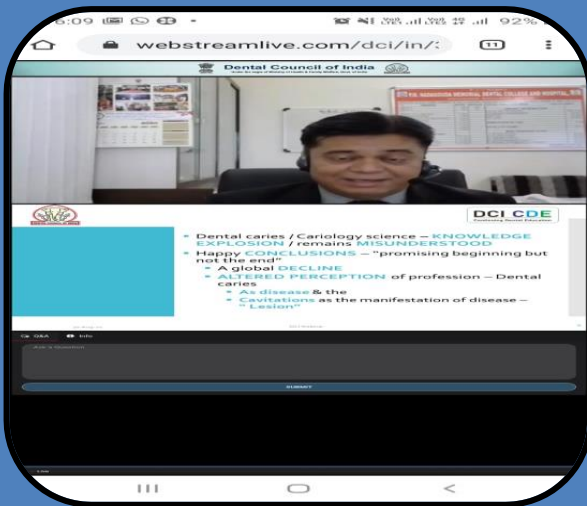
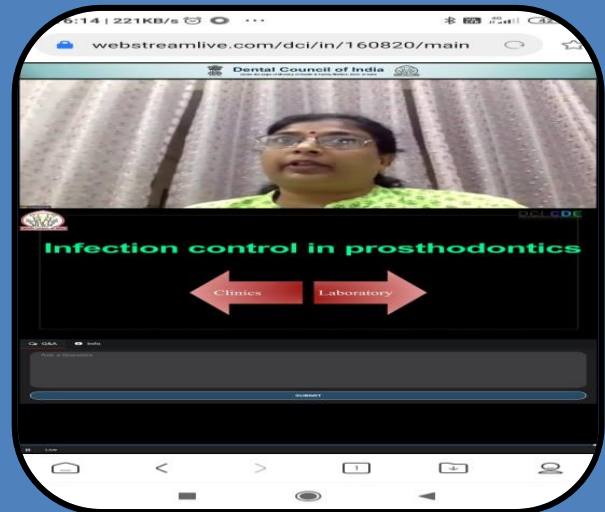
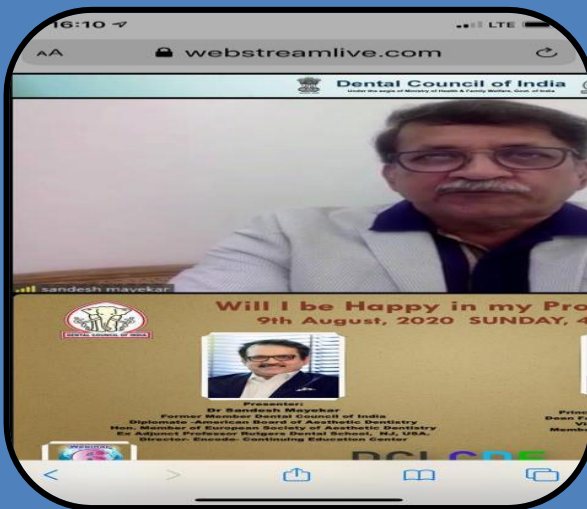
Show 100 entries Search:

Institute ID	Name	City	State	Score	Rank
IR-N-C-28507	Maulana Azad Institute of Dental Sciences	Delhi	Delhi	82.51	1
IR-N-C-7254	Manipal College of Dental Sciences	Udupi	Karnataka	78.17	2
IR-N-I-1110	Dr. D. Y. Patil Vidyapeeth	Pune	Maharashtra	76.37	3
IR-N-I-1441	Saveetha Institute of Medical and Technical Sciences	Chennai	Tamil Nadu	72.34	4
IR-N-C-19320	A. B. S. M. Institute of Dental Sciences	Mangaluru	Karnataka	70.87	5
IR-N-C-7240	Manipal College of Dental Sciences	Mangalore	Karnataka	68.75	6
IR-N-I-1486	Sri Ramachandra Institute of Higher Education And Research	Chennai	Tamil Nadu	66.27	7
IR-N-N-153	Nair Hospital Dental College	Mumbai	Maharashtra	64.54	8
IR-N-N-352	SRM Dental College	Chennai	Tamil Nadu	64.47	9
IR-N-C-35008	JSS Dental College and Hospital	Mysuru	Karnataka	64.07	10
IR-N-U-0724	M. S. Ramaiah University of Applied Sciences	Bangalore	Karnataka	62.82	11
IR-N-U-0363	Siksha 'O' Anusandhan	Bhubaneswar	Odisha	62.76	12
IR-N-U-0436	Amrita School of Dentistry	Kochi	Kerala	61.46	13
IR-N-U-0295	Datta Meghe Institute of Medical Sciences	Wardha	Maharashtra	60.99	14
IR-N-C-30756	Postgraduate Institute of Dental Sciences	Rohatak	Haryana	60.68	15
IR-N-C-40193	Bapuji Dental College & Hospital	Davangere	Karnataka	60.24	16
IR-N-U-0356	Kalinga Institute of Industrial Technology	Bhubaneswar	Odisha	60.23	17
IR-N-C-29150	Christian Dental College	Ludhiana	Punjab	58.29	18
IR-N-U-0108	Jamia Millia Islamia	New Delhi	Delhi	58.02	19
IR-N-C-8528	Yenepoya Dental College	Mangaluru	Karnataka	58.01	20
IR-N-C-40192	College of Dental Sciences	Davangere	Karnataka	57.22	21
IR-N-C-29701	Government Dental College	Indore	Madhya Pradesh	56.08	22
IR-N-N-73	Army College of Dental Sciences	Secunderabd	Telangana	55.13	23
IR-N-C-24504	KLE Vishwanath Katti Institute of Dental Sciences	Belgaum	Karnataka	55.05	24
IR-N-U-0168	Maharishi Markandeshwar	Ambala	Haryana	55.04	25
IR-N-C-40531	Sri Dharmasthala Marjunatheswara College of Dharwad	Dharwad	Karnataka	54.30	26
IR-N-U-0461	M. G. R. Educational and Research Institute	Chennai	Tamil Nadu	54.02	27
IR-N-U-0078	Panjab University	Chandigarh	Chandigarh	53.09	28
IR-N-N-116	Pacific Dental College	Udaipur	Rajasthan	52.87	29
IR-N-N-71	Institute of Medical Sciences	Varanasi	Uttar Pradesh	52.57	30

20 of 30 entries Previous

DCI WEBINARS

All Staff and Students of ACDS attended DCI live stream Webinar's which were conducted on every Sunday from 4:00pm to 5:00 pm.



UPCOMING EVENTS

- MDS Orientation
- Lecture on Research Methodology