



M. R. AMBEDKAR
DENTAL COLLEGE & HOSPITAL

Excellence in Dental Education, Patient Care & Research

JULY 2026
EDITION 2



The **MRADCH** **SMILE** **BULLETIN**

— INFORM • INSPIRE • INNOVATE —

— Happy — **DOCTOR'S** **DAY**

Behind every healthy smile,
there is a doctor with
knowledge, compassion
and **courage**.

Thank you for healing hearts
and brightening lives.



CELEBRATING
OUR HEALERS



STORIES OF
DEDICATION



ADVANCING CARE,
CREATING SMILES



TOGETHER
WE GROW



CHAIRMAN'S MESSAGE

VOLUME 1, EDITION 2 ✖

WWW.MRADC.IN

✖ JULY 2026 EDITION

EMPOWERMENT FROM CLASSROOM TO CLINICS A NEW ERA OF DENTAL EDUCATION

"A SKILLED DOCTOR IS A BOON TO MANKIND"

Healthcare is evolving at an unprecedented pace, and dentistry stands at the forefront of this transformation. As an institution committed to academic excellence and compassionate patient care, we continuously strive to equip our students with advanced clinical skills, ethical values, research aptitude, and technological competence. Our vision extends beyond producing competent dental professionals—we aspire to nurture leaders, innovators, and lifelong learners who will shape the future of oral healthcare.



SHRI M.K SHIVAKUMAR
CHAIRMAN, GOVERNING COUNCIL, MRADCH

PRINCIPAL'S ADDRESS

VOLUME 1, EDITION 2

WWW.MRADC.IN



JULY 2026 EDITION

INSPIRATION, INNOVATION & IMPACT EMPOWERING FUTURE DENTISTS

SKILL DEVELOPMENT EMPOWERS FUTURE DENTAL PROFESSIONALS

The changing era of dentistry demands new skills and new insights into a student's overall professional development..

Every successful dentist is first a dedicated learner. While knowledge builds your foundation, skills define your confidence and competence. Each patient you treat, every procedure you practice, and every challenge you overcome shapes you into a better clinician. Never stop refining your techniques, embracing new technologies, and learning from mentors and experiences. Remember, excellence is not achieved overnight—it is built through consistent practice, curiosity, and perseverance. Invest in your skills today, because they are the tools that will transform lives tomorrow. The hands you train today will become the hands that restore countless smiles with confidence and compassion.



DR. TARULATHA SHYAGALI
PRINCIPAL, MRADCH

BREAKING NEWS

VOLUME 1, EDITION 2 ✕

WWW.MRADC.IN

✕ *JULY 2026 EDITION*

EXAMINATIONS DECLARED

RGUHS DECLARES UNIVERSITY EXAM IN OCTOBER

The Rajiv Gandhi University of Health Sciences (RGUHS) will commence the BDS university examinations from October 1, 2026, for eligible dental students across affiliated colleges in Karnataka. Students are advised to complete all examination formalities, including hall ticket verification and document submission, well in advance as per schedule circulated. College authorities have encouraged candidates to adhere to the university guidelines and maintain academic integrity throughout the examination process. Faculty members have also extended their best wishes, urging students to remain focused and confident during the examinations. The detailed timetable and examination notifications are available through the official RGUHS Examination Section.



DR. BHAGAVAN B.C
VICE CHANCELLOR, RGUHS

NATION BUILDING

ಮಾದಕವಸ್ತು ಮುಕ್ತ ಸಮಾಜಕ್ಕಾಗಿ
ಕರ್ನಾಟಕದ ಪ್ರತಿಜ್ಞೆ



**"KARNATAKA
FREE FROM
NARCOTICS:
MISSION 2028"**



**SHRI D.K SHIVAKUMAR
CHIEF MINISTER, KARNATAKA**

NATION BUILDING



SAY NO TO DRUGS!

Students of MRADCH participated in state wide campaign organized by RGUHS and Govt. of Karnataka in association with Pullikeshnagar Police station, in strong rejection to use of Drugs amongst students and institutions.



50 KG DRUGS SEIZED UNDER NDPS.

Karnataka's Anti-Drug Policy promotes awareness, prevention, rehabilitation, and strict enforcement to build a healthier, safer, and drug-free society for all.



GOVERNMENT STRICT ON NO DRUG POLICY

DOCTOR'S DAY

Gratitude to the Healers

JUNE 2026, ISSUE 1



WWW.MRADC.IN



@MRADC.in



Academic Spotlight

HAPPY DOCTOR'S DAY TO ALL THE DOCTORS

MRADC, BANGALORE:

National Doctor's Day was celebrated with great enthusiasm at M. R. Ambedkar Dental College & Hospital, honouring the unwavering dedication and selfless service of the medical fraternity. The occasion was graced by the Chairman, **Shri M. K. Shivakumar**, whose presence added significance to the event. The Principal, **Dr. Tarulatha S.**, felicitated all the doctors by presenting them with roses as a token of appreciation and gratitude. She acknowledged their tireless commitment, compassion, and invaluable contributions to society. The celebration served as a heartfelt tribute to the noble profession and inspired everyone to uphold the highest standards of patient care and service.





M.R. AMBEDKAR DENTAL COLLEGE AND HOSPITAL



in collaboration with

MeDeVision

— *presents* —



UNNATI

2026

A SKILL ENHANCEMENT WORKSHOP
FOR DENTAL STUDENTS



— *CHIEF GUEST* —

Dr. B.L. Sujatha Rathod

Director

Directorate of Medical Education
Government of Karnataka



VENUE

M.R. Ambedkar Dental
College and Hospital



TIME

10:00 AM – 11:00 AM



— *Empowering Future Dentists Through* —
Innovation, Learning & Excellence.

The College Chronicle

EVENTS IN COLLEGE



UNNATI 2026: A Skill Enhancement Conclave for Dentists

M.R Ambedkar Dental College and Hospital collaborates with MeDeVision Karnataka to organize an intercollege Skill Enhancement conclave for all undergraduate students. The program was graced by chief guest, Dr. B.L Sujatha Rathod, Director, Directorate of Medical Education, Dr. Appajigouda Patil, State Incharge, MeDeVision, Dr. Shivakumar Hiremath, State Co Convenor, MeDeVision, and Dr. Tarulatha Shyagali, Principal, M. R Ambedkar Dental college and Hospital. 80 students from various Dental colleges participated in the conclave and became a part of the conclave towards skill enhancement. The inauguration was attended by 300 doctors. The program was awarded with 6 CDE points.



The College Chronicle

EVENTS IN COLLEGE



UNNATI 2026: A Skill Enhancement Conclave for Dentists

Unnati 2026 hosted 5 workshops for different years. The dynamic workshops included Suturing workshop, AR-VR technology, Dental Photography, Invisalign Scanning and tips and tricks for exam going students. The Alumni lecture was presented by Dr. Sumanth, Reader, NSVK College of Dental Sciences. on Advanced Digital Dentistry and Digital impression making followed by Oration lecture by Dr. Shankar, Head of department, Conservative Dentistry and Endodontics, BGS institute of Dental Sciences about Magnification in Dentistry. The conclave was volunteered by 20 third year students under hospitality and arrangements.



The College Chronicle

EVENTS IN COLLEGE



"CBCT: A Game Changer in diagnosis"



Department Oral Medicine and Radiology conducted a single day CDE program awarded with 6 CDE points from KSDC on the importance of CBCT in dentistry. The program was attended by 240 students, private practitioners and esteemed alumnis of M.R Ambedkar Dental College and Hospital. The main speaker of the programs were Dr. Mahesh, Professor, OMDR, Rajarajeshwari Dental College and Hospital and Dr. Roopashri, Head of the Department, OMDR, MRADCH. The highlight of the CDE program was students of all years were taught about the use and interpretation of CBCT software and it's importance in dentistry. The program served as an important event for alumni engagement and skill development program.



The College Chronicle

EVENTS IN COLLEGE



"CBCT: A Game Changer in diagnosis"



OUTREACH

Field Visit



MRADC, Bangalore:

Department of Public Health Dentistry organised two field trips for students of M.R. Ambedkar Dental college and Hospital which included a field visit to the Sewage Treatment Plant at Hebbal, Bengaluru.

The visit provided practical exposure to the sewage treatment process, including screening, sedimentation, biological treatment, and wastewater purification. Students also learned about the importance of environmental sanitation and wastewater management in protecting public health.

The field visits enhanced the students' understanding of sewage treatment and its vital role in community health.



OUTREACH



ETHNIC DAY 2026

CELEBRATING CULTURE



22ND JULY 2026

ETHNIC DAY 2026

CELEBRATING CULTURE

M. R. Ambedkar Dental College & Hospital celebrated **Ethnic Day** on **22nd July 2026** with vibrant enthusiasm, showcasing India's rich cultural heritage and diversity. Students, faculty, and staff arrived in beautiful traditional attire representing different regions of the country, creating a colourful and festive atmosphere across the campus.

The celebration promoted unity in diversity, cultural pride, and mutual respect among the college community. The event featured cultural interactions, group photographs, and moments of camaraderie that strengthened the spirit of togetherness. Ethnic Day served as a reminder of the importance of preserving traditions while fostering harmony, inclusivity, and a shared sense of identity within the institution.



ETHNIC DAY 2026

CELEBRATING CULTURE

Ethnic fashion in India is a vibrant reflection of the country's rich cultural heritage, traditions, and craftsmanship. From elegant sarees and graceful salwar suits to majestic sherwanis, kurtas, and dhotis, every region showcases its unique style, fabrics, and embroidery. Traditional attire not only celebrates cultural identity but also represents the diversity and unity of India.

Worn during festivals, weddings, and special occasions, ethnic wear continues to evolve by blending timeless traditions with contemporary fashion, making it an enduring symbol of pride, elegance, and cultural expression.



ETHNIC DAY 2026

CELEBRATING CULTURE

Ethnic Fashion Tips for Men



1. Wear well-fitted ethnic outfits for a sharp and elegant look.
2. Choose colours that complement your skin tone and the occasion.
3. Layer your kurta with a Nehru jacket for added sophistication.
4. Match your footwear with your outfit using classic mojaris or juttis.
5. Keep accessories minimal to maintain a refined appearance.
6. Select breathable fabrics for comfort and effortless style.
7. Coordinate your kurta with well-tailored churidars or straight-fit trousers.
8. Ensure your outfit is neatly pressed for a polished finish.
9. Maintain good grooming to enhance your traditional look.
10. Wear your ethnic attire with confidence—it is your best style statement.

ETHNIC DAY 2026

CELEBRATING CULTURE

Ethnic Fashion tips for Women

1. A timeless silk saree paired with a contrasting blouse is a wardrobe essential for every festive occasion.
2. Choose pastel Anarkali suits with delicate embroidery for a graceful and sophisticated look.
3. Pair a Banarasi or Kanjeevaram saree with temple jewellery for classic South Indian elegance.
4. A printed cotton kurta with palazzos and a handwoven dupatta is perfect for effortless everyday style.
5. Experiment with Indo-western fusion by pairing a crop top with a flowing ethnic skirt and statement earrings.
6. Add handcrafted accessories such as jhumkas, oxidised jewellery, or bangles to elevate even the simplest outfit.
7. Complete your ensemble with embroidered juttis, mojaris, or Kolhapuri sandals for both comfort and charm.
8. Style your hair in a sleek bun or soft waves, adorned with fresh jasmine flowers for a traditional touch.
9. Carry a potli bag or embroidered clutch to enhance the elegance of your festive attire.
10. Above all, wear your ethnic outfit with confidence and a warm smile—nothing complements traditional fashion better than grace and self-assurance.



ETHNIC DAY 2026

CELEBRATING CULTURE

Escanors



FAREWELL SECTION

THANK YOU FOR YOUR SERVICE

MRADCH bids farewell to two of the non teaching staff members who served this institution for long years. Mr. Richard, radiologist and Mr. Veerabhadra . The farewell program was organised by all non teaching staff and graced by esteemed Principal, Dr. Tarulatha Shyagali, Medical Superintendent Dr. Umashankar G.K, Dr. Roopashri G, Head of the Department, Oral Medicine and Radiology. The event was also attended by Dr. Mahesh, alumni of MRADCH, currently Professor, Oral Medicine and Radiology, RRDCH



The College Chronicle
THE MAGIC OF ORTHODONTICS

Before



After



The College Chronicle
THE MAGIC OF ORTHODONTICS

Before



After



Before



After



The College Chronicle
THE MAGIC OF ORTHODONTICS

Before



After



Before



After



INTERNATIONAL CONFERENCES & ACHIEVEMENTS

CONFERENCE AT PATTAYA, THAILAND

Dr. Deepak P Bhayya, Professor and Dr. Laghna Gowda, HOD in charge, Department of Pediatrics and Preventive Dentistry were Scientific committee members and organisers at The MIDTERM ISPPD Congress-2026 held at Aiyara Grand Hotel & Resort, Pattaya, Thailand, from 24th June to 28th June 2026.

Dr. Deepak Bhayya and Dr. Laghna Gowda both gave guest lectures and a scientific presentation at the conference.





M. R. AMBEDKAR DENTAL COLLEGE & HOSPITAL

YOUR HEALTH,
OUR PRIORITY



GENERAL PHYSICIAN

AVAILABLE HERE

Because good health

begins with the right care!



TIMINGS

9:00 AM to 1:00 PM



GENERAL PHYSICIAN

Consultation & Advice
for Everyday Health Needs



PREVENT. ADVISE. PROTECT.

Stay Healthy,
Live Happier!



CONSULTATION CABIN

Department of Forensic Dentistry
(Near Room No. 1)



WE CAN HELP WITH:



General
Health Checkups



Lifestyle
Management



Preventive
Care



Medical Advice
& Consultation



Care for All
Ages



A HEALTHY YOU, A STRONGER TOMORROW.

Take care today for a better tomorrow!

ANNOUNCEMENTS



MRADC, Bangalore:

Foundation Puja was performed towards new admin office in presence of Dr. Tarulatha Shyagali, Principal, M. R Ambedkar Dental college and Hospital and Dr. Umashankar G.K, Medical superintendent, MRADC. Under the guidance of our esteemed chairman, Shri M.K Shivakumar, the new admin office is believed to be the epicenter of new developments and new ideas. The ongoing work is expected to be completed within next few months, and management is hopeful towards beginning a new era of development from 2027. While the foundations were laid, Principal Dr. Tarulatha remained hopeful towards the developments and welcomed the teaching and non-teaching staff with sweets receiving best wishes towards new beginning.





M. R. AMBEDKAR
DENTAL COLLEGE & HOSPITAL

SERVICE • EDUCATION • EXCELLENCE

PSYCHIATRIST CONSULTATION

“Compassion in listening.
Excellence in care.”

AVAILABLE
1ST FRIDAY
OF EVERY MONTH

**PRIORITIZING
YOUR MENTAL
WELL-BEING
EVERY MONTH**



**CONSULTATION
TIME**
9:00 AM
to
1:00 PM



**CONSULTATION
ROOM**
Department of
Forensic Dentistry
(Near Room No. 1)



CONSULTATION FOR
Mental Health
Concerns,
Stress, Anxiety,
Depression & more



**YOUR
PRIVACY**
Is Our
Priority



**CARE FOR
ALL AGES**
Support for
Everyone



**Mental Health
Check-ups**
Early evaluation,
better outcomes



**Stress & Anxiety
Management**
Find balance,
live better



**Depression &
Mood Support**
You are not alone.
We are here.



**Counselling &
Support**
Talk. Heal.
Grow.



**Care for
All Ages**
Children, Adults
& Seniors



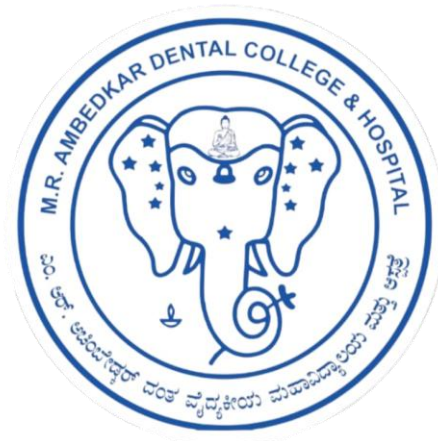
**Expert Advice &
Consultation**
Personalized care,
professional support

WE CAN HELP WITH

YOUR MENTAL HEALTH MATTERS. | WE ARE HERE FOR YOU.
A HEALTHY YOU, A STRONGER TOMORROW. — Take care today for a better tomorrow! —

ANNOUNCEMENTS

**MEMORANDUM OF UNDERSTANDING
ON ACADEMIC AND RESEARCH COOPERATION
BETWEEN**



**SAVEETHA INSTITUTE OF MEDICAL AND TECHNICAL
SCIENCES**

ANNOUNCEMENTS

Memorandum of UNDERSTANDING

BETWEEN



under the governance of

Mr. Shree Vighnesh
Founder,
Medicurate Surgicals

Dr. Tarulatha Shyagali
Principal, MRADCH



Shri M.K. Shivakumar
Chairman, Governing Council, MRADCH

TOWARDS STARTING THE FORMAL TRAINING OF

AI IN DENTISTRY

Empowering students and professionals with the
future of intelligent dental care.



AI-ENHANCED LEARNING

Smarter education
through AI-powered
tools.



CLINICAL EXCELLENCE

Improving diagnosis,
treatment planning
& outcomes.



RESEARCH & INNOVATION

Driving cutting-edge
research in dental
AI applications.



FUTURE-READY PROFESSIONALS

Preparing dentists
for the digital
future.



INDUSTRY COLLABORATION

Bridging academia &
industry for real-world
impact.

Another Milestone
FOR M.R. AMBEDKAR DENTAL COLLEGE & HOSPITAL

TOGETHER, LET'S BUILD AN
INTELLIGENT FUTURE IN DENTISTRY.



ANNOUNCEMENTS

Employee of the Month



Mr. Odesha.S
Asst. Librarian



Mr. Siddharaju
Department of
Public Health Dentistry



Mr. Umesh M
Accounts Section

ANNOUNCEMENTS

Employee of the Month



Mrs. Shantamma
House keeping



Mrs. Kavita
House keeping



Mrs. Bhagyamma
House keeping



Mrs. Ravannamma
House keeping

ANNOUNCEMENTS

Martand Sun Temple, Kashmir

Where History Meets the Himalayas

Art Through Time

Perched on a scenic plateau overlooking the lush Kashmir Valley, the Martand Sun Temple is one of India's most remarkable yet lesser-known historical treasures. Built in the 8th century CE by King Lalitaditya Muktapida of the Karkota dynasty, the temple was dedicated to Surya, the Sun God. Though now in ruins, its majestic stone pillars and grand courtyard continue to reflect the brilliance of ancient Kashmiri architecture.



Walking through the temple complex feels like stepping back in time. The breathtaking backdrop of snow-capped mountains, green meadows, and endless blue skies creates an unforgettable atmosphere. Every carved stone tells a story of a glorious past, making it a paradise for history enthusiasts, photographers, and travellers seeking peace away from crowded tourist destinations.

Located near Anantnag, about 60 kilometres from Srinagar, the temple is easily accessible by road. Early mornings and evenings offer the most spectacular views, with golden sunlight illuminating the ancient ruins.

A visit to the Martand Sun Temple is more than just sightseeing—it is an opportunity to experience Kashmir's rich cultural heritage and timeless beauty. Standing amidst these centuries-old ruins, one cannot help but admire the architectural genius and enduring legacy of one of India's greatest historical monuments.

The Travel memoir...



Gokarna – Where Serenity Meets the Sea

Nestled along the coast of Karnataka, Gokarna is a charming town that offers the perfect balance of spirituality and natural beauty. Known for its peaceful atmosphere, beautiful beaches, and ancient temples, it attracts travellers looking for both relaxation and meaningful experiences. The town is best known for the historic Mahabaleshwar Temple, an important pilgrimage site dedicated to Lord Shiva. At the same time, Gokarna's

Stunning beaches—including Om Beach, Kudle Beach, Half Moon Beach, and Paradise Beach—have made it a favourite destination for nature lovers, backpackers, and adventure seekers.

Visitors can spend their days enjoying beach walks, trekking along the scenic coastline, watching spectacular sunsets, trying local coastal cuisine, or simply unwinding by the sea. Despite its growing popularity, Gokarna has managed to preserve its laid-back charm and welcoming culture.

Whether you are seeking spiritual peace, outdoor adventure, or a quiet escape from the city's hustle, Gokarna offers an experience that is both refreshing and unforgettable.



by Dr. Vishwendra Chikkam-Sr.Lecturer-Department of Periodontics

Story Highlights

Two Cups and a story

Episode 1: The wait

A hectic Tuesday afternoon rushed itself toward
3:45 PM.

For Arjun, however, the next fifteen minutes
seemed determined to last forever.

Arjun was the typist at Ganga Seth's so-called
house office. He sat quietly at his desk, waiting
patiently for the clock to strike four. His hands,
however, betrayed his patience. They were
restless, while his eyes kept wandering toward the
lazy old wall clock hanging in solitude against a
dark, fungus-covered wall.



The dampness had been spreading for months, leaving ugly patches across the plaster. But Ganga Seth was
least bothered. There were more important things in life than a leaking wall.
At least, that was what he believed.

Arjun glanced at the clock again.

3:52 PM.

He shuffled a stack of papers.

3:56 PM.

He arranged the same papers again.

3:58 PM.

By now, even the papers seemed to know what Arjun was waiting for.

He carefully organized the files on his desk, making sure everything looked perfectly in place. He didn't
want anyone questioning his sudden disappearance at four. Everything had to appear accidental.

Then—

DONG!

Story Highlights

The clock finally struck four.

The sound echoed through the old house.

Ganga Seth slowly peeped over his reading glasses. Arjun immediately stood up, slipped his feet into his worn-out slippers and gave a quick signal to his colleague.

Tea.

Ganga Seth watched him walk away and smirked.

It was the same routine.

Every single day.

For the past month.



At exactly four in the evening, Arjun would leave the office and walk toward the small tea shop beside the main road. He would take out a ten-rupee note from his pocket and hand it to the tea maker.

“One kullad ki chai.”

And, almost as if on cue, an old radio kept on a wooden shelf nearby would begin playing some forgotten melody.

That afternoon, as the tea boiled and the steam curled lazily into the evening air, the radio crackled.

Then came the familiar voice:

***“Kiska rasta dekhe?
Aye dil, aye saudayi...
Meelon hai khamoshi,
Barson hai tanhayi...”***

Story Highlights

Arjun stood silently.

The world around him seemed to slow down.

The radio.

The boiling tea.

The earthy smell of the *kullad*.

The evening breeze.

And then—
her.

Arjun saw **Meera**.

And suddenly, four o'clock was no longer just a time on the clock.

It was a story waiting to begin.

TO BE CONTINUED...

Next Episode — August Edition



FESTIVALS OF INDIA

DECODING INDIAN TRADITIONS

7th July 2026

Guru Harkishan Sahib Parab

Guru Sri Harikishan Sahib Parab

Sri Guru Harikrishan Sahib Ji Parab commemorates the birth of **Guru Har Krishan Sahib Ji**, the eighth Sikh Guru, revered for his compassion, humility, and selfless service. Despite becoming Guru at a very young age, he devoted his life to helping the sick and suffering, especially during a smallpox epidemic in Delhi. His teachings inspire people to serve humanity with kindness, equality, and faith. On this auspicious occasion, devotees visit Gurdwaras, participate in *kirtans*, listen to spiritual discourses, and engage in *seva* and *langar*. The Parab reminds us that true greatness lies in compassion, humility, and service to others.



MONTHLY

JULY 2026

NEWSLETTER

FESTIVALS OF INDIA

DECODING INDIAN TRADITIONS

16 July 2026-28 July 2026

Puri Jagannath, Rath Yatra



Jagannath Rath Yatra: A Grand Celebration of Faith and Unity

The Jagannath Rath Yatra is one of India's most cherished spiritual festivals, celebrated with immense devotion in Puri, Odisha. During this sacred event, Lord Jagannath, Lord Balabhadra, and Devi Subhadra embark on a ceremonial journey to the Gundicha Temple in magnificently decorated wooden chariots. Thousands of devotees enthusiastically pull the chariots, symbolizing selfless service and unwavering faith. The festival transcends barriers of caste, creed, and status, reflecting the values of equality, compassion, and togetherness. More than a religious procession, the Rath Yatra is a vibrant celebration of India's rich cultural heritage, inspiring millions with its timeless message of devotion, unity, and hope.

FESTIVALS OF INDIA

DECODING INDIAN TRADITIONS

25 July 2026

Ashadi Ekadashi



Ashadi Ekadashi: A Day of Devotion and Renewal

Ashadi Ekadashi is one of the most sacred festivals in the Hindu calendar, celebrated with deep devotion and spiritual fervour. Dedicated to Lord Vitthal, an incarnation of Lord Vishnu, the day symbolizes faith, discipline, humility, and self-reflection. Thousands of devotees, known as Warkaris, undertake the historic pilgrimage to Pandharpur, chanting hymns and spreading the message of equality and compassion. Fasting, prayers, and acts of kindness mark this auspicious occasion, inspiring individuals to embrace righteousness and inner peace. May the spirit of Ashadi Ekadashi encourage hope, harmony, and well-being in every heart and home.

FESTIVALS OF INDIA

DECODING INDIAN TRADITIONS

29 July 2026

Asalha Puja/Dharma Day



Dharma Day (Asalha Puja)

Dharma Day, also known as **Asalha Puja**, is one of the most sacred festivals in Buddhism, commemorating the day when **Gautama Buddha** delivered his first sermon at **Sarnath** after attaining enlightenment. This sermon, known as the *Dhammacakkavattana Sutta* (Setting the Wheel of Dharma in Motion), introduced the Four Noble Truths and the Noble Eightfold Path. The occasion marks the beginning of the Buddha's teaching mission and the establishment of the Buddhist Sangha. Devotees observe the day through meditation, prayers, chanting, acts of generosity, and reflection on the values of wisdom, compassion, and righteous living.

FESTIVALS OF INDIA

DECODING INDIAN TRADITIONS

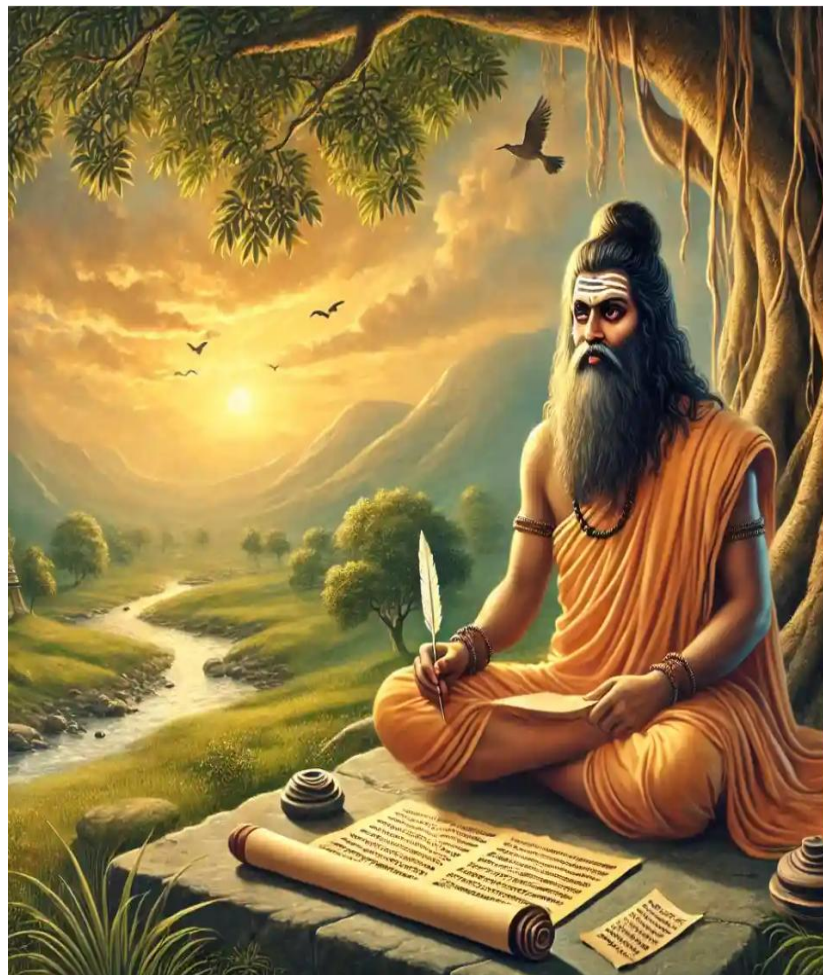
Wednesday, 29 July 2026

Guru Poornima

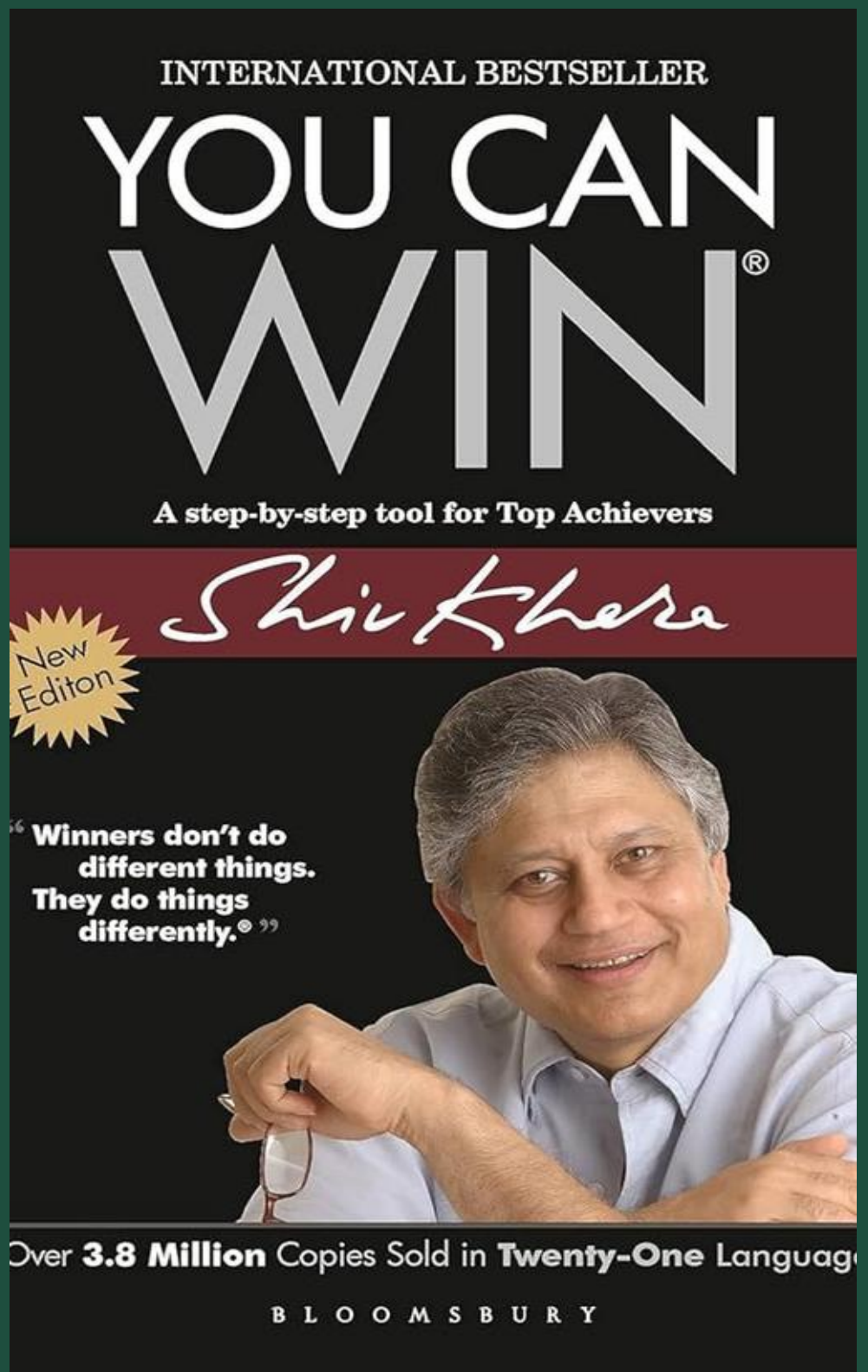
Guru Purnima: Honoring the Light of Knowledge

Guru Purnima is a sacred festival dedicated to expressing gratitude to teachers, mentors, and spiritual guides who illuminate the path of wisdom and character. Celebrated on the full moon day of the Hindu month of Ashadha, it commemorates the birth anniversary of Maharishi Ved Vyasa, the revered sage who compiled the Vedas and authored the Mahabharata.

The occasion reminds us that true learning extends beyond classrooms, shaping values, compassion, and lifelong growth. On this auspicious day, we honour every guru whose guidance inspires excellence, integrity, and service, while reaffirming our commitment to continuous learning and personal development.



BOOK REVIEW YOU CAN WIN



Book Review: You Can Win by Shiv Khera

You Can Win by Shiv Khera is a timeless self-help classic that inspires readers to develop a positive mindset, strong character, and winning attitude. Through relatable stories, practical examples, and motivational lessons, Khera emphasises the importance of self-discipline, goal setting, confidence, and perseverance in achieving success.

The book encourages readers to overcome failures, build healthy relationships, and cultivate ethical values. Written in simple, engaging language, it appeals to students, professionals, and aspiring leaders alike. You Can Win is an empowering guide that motivates readers to unlock their potential and strive for excellence in every aspect of life.

The College Chronicle

CHEF`S CORNER-BAKER'S CORNER



Scottish Dundee Cake

By Dr. Vineeta Sarvanan
Sr. Lecturer -Department of Periodontic

- Ingredients Required :
 - 140 grams Butter , at room temperature
 - 120 grams Sugar
 - 2 Eggs , at room temperature
 - 2 tablespoons Orange Marmalade
 - 85 grams All Purpose Flour
 - 30 grams Milk Powder
 - 30 grams Almond Flour
 - 30ml of orange juice
 - 30ml of apple juice
 - ½ teaspoon Baking Powder

The College Chronicle

CHEF'S CORNER-BAKER'S CORNER

Scottish Dundee Cake



120 grams chopped dried fruits and nuts, [almonds, cashews, dried apricots, raisins, sultanas, dried figs]
¼ cup sliced Almonds.

Soak the dried fruits and nuts in orange juice before you begin the cake prep – ideally overnight. You can soak it for longer if you wish to.

Cream the butter and sugar – This is one of the first steps while making a Dundee cake and it's so important.

The butter needs to be room temperature so that you can cream it using a hand blender.

The butter sugar mixture should be creamed till its light and fluffy

Incorporate the eggs and orange marmalade and mix well till the eggs are well combined. Add the orange juice and apple juice and mix well.

Shift the dry ingredients into the wet mixture. Sifting helps avoid any lumps in the batter. Add the soaked fruits and nuts and the batter is ready.

To keep the fruits and nuts from sinking to the bottom of the cake we toss them in some reserved all purpose flour which ensures they are evenly distributed in the cake
This is a thick batter, but it produces a really moist and fluffy cake

Sprinkle sliced almonds on top for extra crunch and prettiness.

Bake the cake at 180 degrees in a preheated oven for about 40-50 minutes

To check if the cake is completely baked, insert a skewer or toothpick into the center and it should come out completely clean

Once baked, let the cake cool down and then serve it with orange glaze or powdered sugar

संस्कृत संवाद

MRADCH, बेंगलुरु

आषाढ, २ संस्करणम्

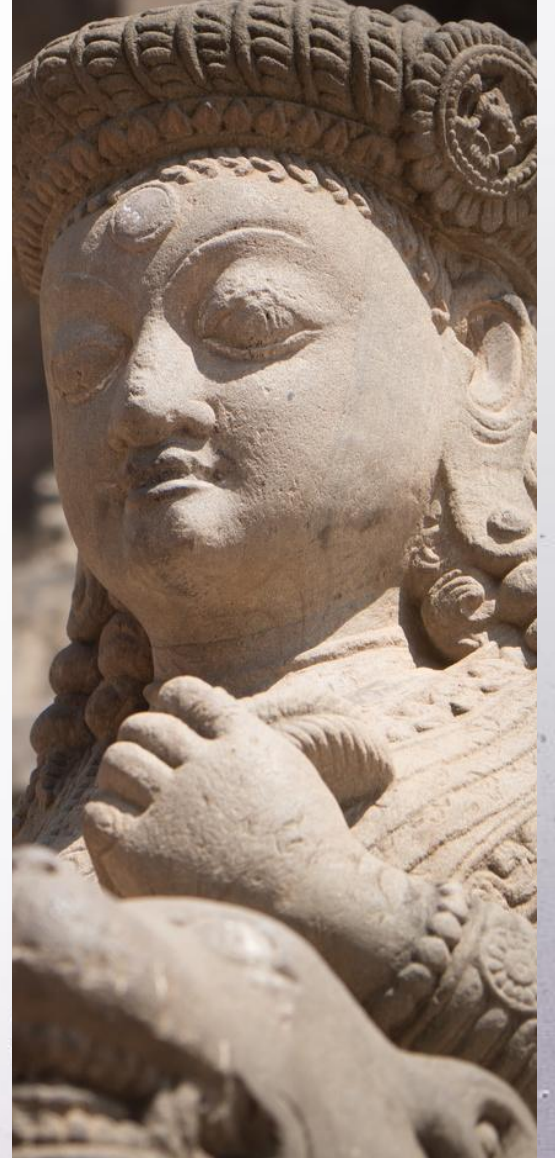
सुभाषितानी

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

The Sanskrit verse, means:

"Where women are honoured, there the Gods rejoice; where they are not respected, all actions remain fruitless."

This timeless teaching emphasizes the importance of respecting, valuing, and empowering women in every sphere of life. A society that treats women with dignity prospers through harmony, compassion, and moral strength. Women are the foundation of families, culture, and progress, contributing immensely as mothers, educators, professionals, and leaders. The shloka reminds us that true success and prosperity are achieved only when equality, respect, and honour for women become an integral part of our values.





**BETTER TECHNOLOGY.
BETTER SMILE.
BETTER LIFE!**

I've been told I need implants, but I'm nervous about the impressions and X-rays.

Don't worry! At **M.R. Ambedkar Dental College & Hospital**, they have the latest technology.

M.R. AMBEDKAR DENTAL COLLEGE & HOSPITAL

DIGITAL IMPRESSIONS – NO MORE GAG, NO MORE GOO!

They use **DIGITAL IMPRESSIONS** with intraoral scanners. No more messy putty impressions!

Wow! That sounds so much more comfortable!



3D CBCT X-RAY – SEE BEYOND 2D!

What about X-rays? Will I need the old 2D ones?

At Ambedkar Dental, they have advanced **3D CBCT X-RAY**. It gives a detailed 3D view of your bones, nerves and sinuses.

This helps in **precise planning**, **safer implants** and **better results!**

DENTAL IMPLANTS – STRONG, NATURAL & LONG LASTING!

With all this advanced technology and expert care, implant treatment must be very safe here!

Absolutely! The expert doctors, modern facilities and affordable care at **M.R. Ambedkar Dental College** make it the best choice.



- ✓ EXPERT DOCTORS
- ✓ ADVANCED TECHNOLOGY
- ✓ SAFE & PRECISE TREATMENT
- ✓ AFFORDABLE CARE

You've convinced me! I'll book my consultation at **M.R. Ambedkar Dental College** this week!



Great decision! A healthy smile today, a confident you tomorrow!

**CHOOSE CONFIDENCE.
CHOOSE DENTAL IMPLANTS.**
At **M.R. Ambedkar Dental College & Hospital**



M.R. AMBEDKAR DENTAL COLLEGE & HOSPITAL
Advanced Technology. Expert Care. Beautiful Smiles.

BOOK YOUR CONSULTATION TODAY!
We're here to give you a smile that lasts a lifetime.



Modern Technology. Trusted Care. Smiles that last a lifetime. 😊

Classy Checkmates



white to move.
can u solve the checkmate?

Politically Incorrect Memes

when the patient says, I need Full mouth

Le Dentist: implants Le Assistants:



Le receptionists:



Guess who?



Learn a sentence
today!

ಹೇಗಿದ್ದೀರಿ?

Heggidira?
(How are you)

How to use in
conversations?

Heggidira?
(How are you?)

ಚೆನ್ನಾಗಿ
ದ್ದೇನೆ

Channagedini

(I am
fine)

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Editorial From Editor's Desk

The Smile Bulletin is a monthly newsletter curated by a team of students and teachers together. It is an initiative to bring forward various college events and at the same time be the student's digital corner for interaction.

The editors believe that, as an e-newsletter the smile bulletin represents the efforts of all the dental students and teaching staff who come together to conduct various academic, curricular and extra-curricular activities at M.R. Ambedkar Dental College and Hospital.

The scope of the newsletter shall always remain open to various, columns, opinions, articles, questions, suggestions and feedback.

Any opinion towards the edition, suggestion for corrections are hereby directed to the Editor's Desk via following ways.



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your feedback is our development



Get Involved Today

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THE SMILE BULLETIN

We'd love to 
HEAR FROM YOU!

TO GET
FEATURED

SEND IN YOUR
ARTICLES, BLOGS, IDEAS TO



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*Your Words. Our Bulletin.
Stronger Together.*



SHARE
KNOWLEDGE



INSPIRE
OTHERS



SPARK
IDEAS



BUILD
COMMUNITY



CELEBRATE
DENTISTRY

Be a part of the smile! 