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Inauguration of The SPIK Mid Term Conference 12th December 2010

**4th SPIK
Annual Conference
at Kumarakom**

on 14th and 15th May 2011





From The President's Desk

Dear Members,

We had a very successful midterm Conference at Government Dental College Trivandrum which far surpassed my expectation both in the turnout and quality of Scientific presentations. I take this opportunity to thank all the office bearers and faculty of G.D.C Trivandrum who made it possible. I am sure that the success of this event will be an encouragement for S.P.I.K to make this an annual feature. The second issue of our Journal was also released on the occasion thanks to the untiring efforts of our editor Dr. Prakash .

Friends, now we are geared up for the third annual Conference of S.P.I.K to be held on May 14th & 15th at Back Water Ripples, Kumarakom. I hope that each and every one of you make it for the programme along with your families. The organizers are doing everything possible to make your stay a memorable one. The 3rd issue of our journal for this year will also be released on that occasion. I request all the Members to contribute quality articles for the publication.

Dr. Biju Thomas



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From The Secretary's Desk

Dear Members,

The mid term conference at GDC Trivandrum was well conducted and well attended. The organising committee headed by Dr. Presanthi and Dr. Arun Sadasivan deserve all the credit . I thank all the SPIK members for their proactive involvement for the success of the conference . The SPIK Essay award was also given away during the programme. This time more colleges participated in the Essay competition and the judging panel had a real tough time reviewing the entries as it was a tight contest between the winners. I am happy to note that both these events have become significant scientific exercise , which the dental fraternity in Kerala is watching out for.

This shows that the association is going in the right direction. We acknowledge the



timely advises of the senior members in this regard.

As we gear up for the fourth annual Conference to be held at the mesmerizing Kumarakom, I expect a record participation. For the first time in the history of SPIK we have included a Pre conference course on laser assisted perio surgery on 14th May at 10 a.m at Govt. dental college Kottayam. Dr. Jose Richard and Dr. Sabu Kurien are working tirelessly for making the first SPIK event at Kottayam a special one.

I appeal to The SPIK family to make full use of the facilities offered at the conference. Come with your families and let us together create an ever memorable summer.

Perio is thrilling

Dr. Baiju R. M.

Editor Speak

Hello and happy new year to every body in SPIK !!! March and April are the months of hectic work to all in teaching profession including Periodontists as the DCI inspections are on. Data has to be updated, dead lines to be met, purchases to be made and the list is endless. Often we end up with a drained body and mind. But don't loose heart. Dr Sabu Kurian Organizing sec: has the perfect balm for the ailments. The 4th annual conference and family get together of SPIK is

scheduled for May 14 & 15. at the Back water Ripples, Kumarakom.

Kottayam. Come !! let's join together again, to let our hair down & rejuvenate our body & mind. Please don't let this opportunity pass. See you at Kumarakom.



Thank you & have a nice day.
Prakash Prabhakaran.

SPIK Midterm conference 2010: Organizing secretary's report

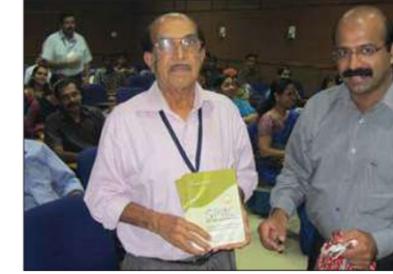
The midterm conference of SPIK jointly hosted by the department of Periodontics, Govt Dental College, Trivandrum and SPIK was held on the 12th of December 2010 at the Govt Dental college, Trivandrum. With more than 100 registrations including life members, post-graduate and undergraduate students the conference was well attended.

The conference was inaugurated by Shri Shajahan IAS which was followed by an informative and innovative talk on "Bone tissue Engineering" by Dr Harikrishna Varma, eminent bioceramist from the Sree Chithra Thirunal Institute of Medical Sciences and Technology, Trivandrum. The latest research activities in the field were discussed.

The highlight of the conference was the overwhelming scientific paper presentation with about 30 papers presented. Three sessions were included; with one session exclusively for life members, while post-graduate students were divided into 2 sessions – review papers and clinical papers. The papers were evaluated and 2 prizes were awarded in each pg category.

To foster interest among undergraduate students, a poster presentation session was included, with a common topic given – "Periodontal medicine". Students from the colleges around Trivandrum put up quality posters which were also judged and prizes awarded.

The conference was well supported



by various sponsors with Advanced Biotech (Chennai) being the principal sponsor.

The success of this conference was due to untiring efforts of the organizing team –Dr Biju Thomas [SPIK president], Dr Baiju R.M [SPIK secretary]

Dr Presanthila Janam [organizing chairman], Dr Nandakumar [scientific chairman], Dr S. Santoshkumar [Treasurer] and Editor of souvenir-Dr. Prakash Prabhakaran

Credit is also due to all the members of the organizing committee Dr Roshni Ramesh, Dr. Mini Jose, Dr Seema G, Dr Ambili R, Dr Divya P. V, Dr Bindhu R Nayar, Dr Nisha K, Dr Elizabeth Koshi, Dr Seba Abraham, Dr Betsy Joseph and Dr Arun Sivasdas

PG student members of the department also deserve appreciation for their untiring efforts Dr Remya Mohan, Dr Neeta Parate, Dr Suchitra A, Dr Anila Jacob, Dr Mangesh Dattir, Dr Hagel Bhamtikar, Dr Deepa VS, Dr Rekha PR & Dr Jessylet J

At the end I hope that the mid-term conference will continue to be held every year, because this remains the only occasion where scientific deliberations of our beloved society can be held.

Dr Arun Sadasivan,
Organizing secretary,
SPIK Midterm conference 2010

Please keep 14th and 15th may 2011 free to experience the 4th SPIK annual conference at Kumarakom. the land of lakes, lagoons and backwaters. "A must See destination" recommended by National Geographic.

Our venue backwater Ripples is located in a beautifully landscaped ground with spellbinding encounters with nature. The cottages offer a spectacular view of the vembanadu lake. The resort is one of the best in kumarakom with all the modern amenities

The organizing committee invite you all to come and experience kumarakom.

The final programme for the conference will be sent to you soon. we have decided to conduct a pre-conference course on lasers on 14th may at dental college Kottayam

The registration fee for the conference

	Till Feb 28	From march 1st
1 For family with children below 6yrs	4500	5000
2 For single member	3000	3500
Children 6--12	1000/	
Children Above 12	1500/	

Registration includes Free Cottage, banquet, breakfast, lunch, boat ride in the lake plus gift.

For attending the conference alone---Rs 1000/ without gift

The cottages will be issued on a first come first serve basis so register early to get the best cottages with splendid lake view.

Dr Sabu Kurian

Organizing Secretary

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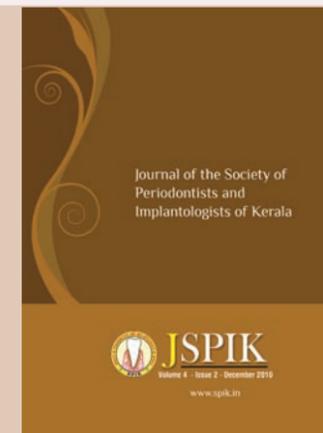
Spik Essay Competition Winners 2011

- First Prize **Naveen Nandagopal**
Govt: Dental College. Kottayam.
- Second Prize **Aswin Jayaraman**
Amrita school of dentistry. Kochi.
- Third Prize **Sharon J Thomas**
Sri Sankara dental college, Varkala Trivandrum

Prize winners in paper & poster presentation in SPIK midterm conference 2010



- PG students: Review session
1st prize: **Dr Maya Rajan** – Amrita school of dentistry, Kochi.
2nd prize: **Dr Deepa V. S** – Govt. Dental College, Trivandrum
- PG students: Clinical session
1st prize: **Dr Anila Jacob** – Govt. Dental College, Trivandrum
2nd prize: **Dr Remya Mohan** – Govt. Dental College, Trivandrum
- UG students: Poster presentation
1st prize: **Venkitachalam**, Indira Gandhi Institute of Dental Sciences, Kothamangalam.
2nd prize: **Anjana Ravindran**, Veena raj, Farida – Azeezia dental college, Kollam
3rd prize: **Abdul Shameer**, **Jaysa J J** – N.I.C.D. S, Neyyatinkara.



The winner is.....

Dear Members!!! Thank you for contributing articles for JSPIK." The best Article for the year award " (2010-2011) in JSPIK will be given during the 4th annual conference at Kottayam.

HERE'S THE LATEST SCIENTIFIC NEWS ON GERM BUILDUP. IT'S NOTHING TO SMILE ABOUT.



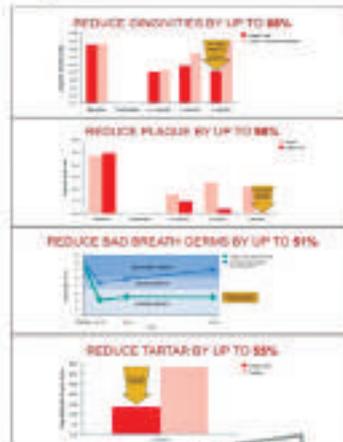
* Magnified view of germs on teeth

It is common knowledge that **germ buildup** is harmful to oral health. But not everyone is aware that when germs build up in the mouth it causes the most serious oral health issues **such as cavities, tartar, gingivitis and even bad breath.**

Germs: proven to build up only seconds after brushing. According to recent scientific studies, germs start building as soon as you finish brushing. Even having white, clear teeth or fresh breath is no assurance of good oral health. What's even worse is the fact that ordinary toothpastes provide limited protection against germ buildup.

To fight this harmful buildup of germs you need a more advanced toothpaste. Colgate Total has clinically proven 12-hour protection against harmful germ buildup. Colgate Total has a unique Tricloguard system that traps the Triclosan in your teeth for much longer, giving 12 hours protection against Germ build up and hence keeps working on the 12 teeth and gum problems.

Clinical tests have shown that Colgate Total not only gives protection from cavities, it is also proven to:



12 hour protection against germ build-up



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