

Mélange.....a medley of thoughts !



Its been a couple of months since the two of us were given the arduous task to compile the English Section of this magazine. We knew that against all odds it would definitely turnout to be a fun task. We had no particular plan in mind but decided to go about the task anyway. We were confident that things would automatically fall into place as time went by, and so they did.

In a short span of a few months we were able to gather and put together a collection of varied articles which then led to the name "MELANGE". Melange, a medley of thoughts, this is exactly what our section is going to be all about, so go ahead and read all that our writers have in store for you. We are sure that you all will be enriched by the thoughts conveyed through these articles.

Minoshka Lobo

Anthea Sequeira



Trishala Fernandes
IIInd BDS

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Nothing like a cup of
Coffee with Kavana !



Have a
Coffee with Kavana

At The Sapphire: Upper Ground Floor, Margao-Panjim Highway,
Opp. Kadamba Bus Terminus, Margao Goa.

From the House of BORKARS

The new beginning

Which way do you turn when life deals a
blow ?
what's the point of trying
when you don't know where to go ?
Lot people feel sorry, their pity makes me
safe,
My sorrow makes me special in a crazy
kind of way.

So let me sleep in sadness,
Let me dry a thousand tears,
Let me feel the pain of sorrow,
Let me waste away my years.
No ! This is foolish talking,
Life's blows are not the end,
They are the new beginning, the experience
of birth.

I'll stand upon the boulder that seeks to
crush me in,
I'll look with expectation, this makes me
laugh again,
The words of life are blessings,
cobwebs are swept away,
I'll face tomorrow joyful, it's just another
day !

- Kaylee Bless Gracias
1st BDS

Choices

They make you
They break you
They represent what you stand unrelentlessly for
They represent what you fall inadvertently for

So many choices one must make,
Walking down life's rocky road,
Starting with steps of innocence all take,
With loving parents, who bare the load,

Knowledge gained as one grows,
As the questions never end to learn more,
With the teen years going from highs to lows,
In the identity and self-independence war

So I choose to make changes , not excuses
So I choose to be useful & not to be used
So I choose to be motivated, not manipulated
So I choose to excel, not to compete
So I choose self-esteem, not self-pity
So I choose to listen to my inner voice,
then random opinions of others
So I choose to live by choices & not chances

- Rohan Shinkre
Final BDS

The top three mistakes leaders make

Leadership is the discipline of exerting special influence to make a group move toward goals that fulfill their needs.

Leadership is an awesome responsibility. We are facing a crisis of leadership in our world today.

Listed below are some of the commonest mistakes leaders make

I. THE HIGH-LOW ATTITUDE

The high-low attitude is the commonest leadership hang-up. This is because it is the easiest style to follow and comes naturally to most of us. The superior inferior mind set has traditionally been perpetrated from one generation to another.

Dr. John Maxwell's Levels of leadership are paraphrased below:

LEVEL I - POSITION (TITLE) "Rights"

At this level, your influence extends upto (but not beyond) your job description.

LEVEL II - PRODUCTION "Results"

People follow you because of what you have done for the organisation or for them personally.

They like you & what you are doing. (Don't let the momentum stop) !

LEVEL III - PERSONHOOD "Respect"

People follow you because of who you are and what you stand for.

Few make it to this level of leadership.

The Top-Down model as seen above can only remain at Level I. There are effective alternatives such as

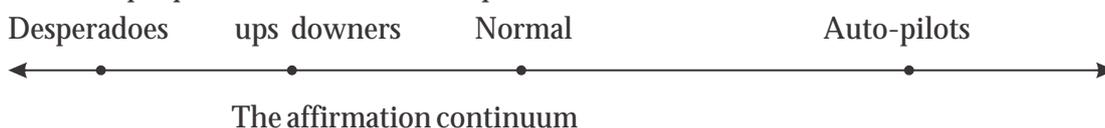
- a) PARTICIPATORY Management - you inform the group and collect their input too.
- b) FACILITATOR Style - You empower others for effective work.
- c) DEMOCRATIC Leadership - You build a team with a democratic process.

Another common mistake of leadership is

II. THE ABSENCE OF AFFIRMATION

People thrive on praise and wilt under unrestrained criticism.

The different people who work with us require different doses & different kinds of affirmation.



The Desperadoes are desperate for approbation. When it comes to affirmation they can never have enough.

Most new workers in a group need this kind of attention to feel welcome.

Some continue to require lavish praise even later.

Up & Downers need little attention till they enter an emotional valley (may be because of personal problems).

Personal concern means a lot to them when they are down.

Normal People are there any ?!! The vast majority of us who may have grown up in normal stable homes.

Auto-pilots are so strong & busy they don't usually need any encouragement. In fact, they may view such attempts with suspicion - 'what is he trying to get out of me?' But auto-pilots are rather rare!

Try affirmation for those you lead. It works.

Even if you have to correct someone, good supervisors are people who....

*can step on your toes without messing up your shine :

*give you a shot in the arm without letting you feel the needle.

A 'well-done' note (like a Thank You note) is a human touch that can go a long way. (We wildly underestimate the power of a little kindness).

A third extremely common leadership mistake is :

III. COMMUNICATION CHAOS

It is a core leadership principle that we never assume that a person knows something. We can never communicate enough in our organization.

Everyone should know the rules of the game, the direction, the plans and the purpose. Our people should have a job description and a simple one at that. It should outline 3 basic ingredients of any job. (1) What are my primary responsibilities in the organization ? (2) What key tasks & activities am I asked to do to fulfil these responsibilities? (3) To whom do I report ?

The ability to communicate effectively is the leader's greatest asset. It is both an art and science. Worthy thoughts must be communicated in a worthy manner.

(People often use the terms 'Information' & 'Communication' interchangeably. Information is only 'giving out'. Communication is 'getting through').

Max Depree opines..... 'There may be no single thing more important in our efforts to achieve meaningful work and fulfilling relationships than to learn and practice the art of communication.'

Tips to help communicate :

- 1) Keep people informed of what is expected of them.
- 2) Avoid the great surprise, if people are not doing their job properly, tell them so.
- 3) Practice HOT communication, Honest, Open & Transparent.

After all 'Nothing happens until people talk.'

REFERENCES :

- 1) The Top Ten Mistakes Leaders Make - Hans Finzel
- 2) Lead On - John Haggai



Through a pair of moving ears

Evolutionary loss of ear muscle function has made ears immobile in most human beings. This means that the remainders are a step behind fully evolved humans. Among the ones who have been ignored by this natural phenomenon is the author himself. This is just an explanation of the title (to the relief of the reader) and not the topic of this article.

Travelling, according to unscientific and non statistical data is claimed to be the favorite hobby of more than 63% adults in our country. Since I believe that I enjoy travelling too, I am sort of interested in discussions in the general direction of travel. What I am interested in is this: when faced with an opportunity to travel long distance, which do I prefer? And why?

Well here are reasons why I would take rail over air any day (except in case of an emergency).

Let us assume it is a two and a half day journey. This itself is reason enough for people to start typing www.notsobankruptkingfis...com. Then let us assume it's a second class sleeper. With that most people are typing www.idontcareifithasjustonewing.com. I have not taken an AC three tier into consideration because it is generally a smelly cocoon, in which people sleep all day and there is hardly any excitement.

Okay so for compare and contrast we will take just two hours of a common man's train travel v/s two hours of the not so common man's air travel - and yes, as the title suggests the evaluation is strictly based on aural experience. So just imagine that everything written here is heard.

RAIL

Already seated.....train picks up speed... a

characteristic and amazing Chug,,,,, Chugging is heard....

Man 1 - Somebody has to do something about this country, look at these slums developing around this station.

Man 2 - Who will? Every politician thinks about himself.

Shrill Mother - Do not lick the bars of the grills, they are dirty.

Droling toddler - Uugggh guuhh ghhuuu maa ugh.....

Young girl 1 - Oh, he is so sweet, may I carry him for a while?

Shrill Mother - Sure, be careful, he bites and will pull your hair if he gets a chance.

Within minutes.....

Young girl 1 - Ma, this baby does not have a diaper on, I'm worried he will....

Vendor 1 - Chaiya, garma garam chaiya, tea, coffee madam? Chaiya.....

Vendor 2 - amlette, bread aamlette.....

Chorus - It is. Look here 56, and my seat, also 56... Just because you are big, might is not right..... 56 is the age, not seat number.. I am not a fool.... Call the TC.... He can be bribed.... Let's show this man.....

Regular train conversation this.... the moving ears now go on a radar-like check to gather more interesting conversation.....

Unknown shy voice - Yeah, just like that. And he held my hand ever so gently, I knew at that moment he was my man.

Unknown giggly voice - And then?

Unknown, shy voice - Nothing, that aunty on the

other side is listening. I will tell you later.

Enthusiastic male voice - And then we had it, 56 for 8 is a shame for even a galli cricket team...

Fed up voice in a different language - This guy just cannot shut up about cricket....

Unknown voice - Garbage everywhere, they are not decent folks at all. We did not know it was such a neighborhood till we got there....

Unknown voice 2 - Prices through the roof, touching 30,000 for 10 grams....

Random voice - It is just simple engineering actually, no need to complicate it at all...

Another random voice - Sever beers, yes seven and still standing.

By now the voices are getting all mixed up into one delirious heap of information and good natured bantering.... The highlands are very beautiful, we rear mostly sheep.... Which was into the boot of my new car with a great force, bad accident... The intelligence failed us, we expected just three terrorists.... And then bolt three engages the whole assembly... Into one giant country that will prosper... But with a weak cricket team... And garbage all around.... Its boot will forever show the signs of the battering it took... At the hands of neighbors who throw their refuse into our area.... And if gold was mined here in our country.... The feeling of extreme elation and happiness at the touch.... Of that young lamb's wool.... Which I could easily stuff into that cricket fans mouth... Would have won us the bloody fight within minutes.... Without losing eye contact, staring into each other's eyes we.... Could have easily drunk another two pints and been able to drive back home without.... A huge scratch, right across the beautiful blue.... Sky that is our protector and the earth that is our mother with the beautiful flock of

sheep, its peace beyond peace.

AIR

Mechanical voice - It's safe to take your seatbelts off now. For any assistance please contact the cabin crew.

Plastic voice - Water sir, water maam, water sir, water maam.....

Arrogant voice - I hope this torture ends soon, cramped seats....

Mechanical voice - Kindly wear your seat belts and prepare for landing.

Contemptuous voice - Please sir, kindly take your seat we are landing, you can use the bathroom when we have safely landed.

Mechanical voice - Thank you for flying with us, have a nice day.

VERDICT

So on the whole-a train journey makes people open up, talk, shed inhibitions, express themselves, curse others, agree, disagree, fight it out, get together, make plans to improve the country. The opine, try, sentence, punish the guilty and praise the good. It brings people together and more importantly, teaches each one to be tolerant, accommodating and generous. It also teaches one to stand up for himself, and if one does not, the others will for him. It makes a journey interesting, fund and sometimes uncomfortable but always teaches you something and leaves you with atleast one new experience. There is a lot of conversation and as shown above it always makes some sort of sense, and all this with a constant flow of hot chai!

In contrast, by air, you get told what to do, when to do it, and almost always how to do it. It's an environment where snob value rules over everything. It is cool to be indifferent and the only

smiles proffered are fake and course paid for. It is plastic and unreal. And to top of it off, even going to the 100 needs prior planning and permission. And that irritating drone never goes away.

So there it is, one very biased and one-sided view of how traveling should be done. All views expressed here are personal and open to debate. And of course

the air travel discussed here is economy class because the author has no experience of any other. Anybody defending any other class of air travel should begin by presenting a return ticket to Europe by the said class to the author.

- Ashwin M.R.
PG, Prosthodontics



Test your perception !

Inside the 15 frames given below, are puzzles with hidden meanings. How many can you work out ?

1. BLOOD WATER	2. T O H O U C	3. HE ART	4. PROJECTOR HEAD
5. I L O K 2 U	6. 2, LATE LATE	7. FRIEND SECRET FRIEND	8. HE RS OT BR
9. OFTEN NOT OFTEN NOT OFTEN	10. GIVE GET GIVE GET GIVE GET GIVE GET	11. ESROH RIDING	12. D D D D D D E E E E E E K K K K K K R R R R R R O O O O O O W W W W W W
13. HA BIRD ND = BU2SH	14. I I ● ●	15. ABABABABAB ABABABABAB	

- Answers
1. Blood is thicker than water
 2. You are out of touch
 3. Broken heart
 4. Overhead projector
 5. I look up to you
 6. Too little too late
 7. A secret between 2 friends
 8. Step brothers
 9. More often than not
 10. Forgive and Forget
 11. Horseback riding
 12. All worked up
 13. A bird in hand is worth 2 in the bush.
 14. Dark circles below the eyes.
 15. Long time no see.

- Anita Bishnoi
2nd yr BDS

Importance of Value Education

In our lives, once in a while we come across events and statements that shock us. Recently I happened to see a caption that shocked me. The caption was written on a T-shirt worn by a college student. It said, "I was born intelligent but my education spoilt me". This shocking statement is definitely food for thought. What is education? What does it do? One of the best definitions of education is derived from a Latin word or root of education namely 'ducere'. The meaning of ducere is to draw out from the best that is in every human being. The best includes indefinite potential and eternal values. It was the poet William Wordsworth who wrote about children in the beautiful line:

"Trailing clouds of glow,

do we come from God who is our home"

Yes, we have all come from God and we bring divine potentials and divine values with us. The role of education is to help us to discover these potentials and values. That is why, our great Dr. APJ Abdul Kalam said, "we are all born with a divine fire in us. Our effort should be to give

wings to the fire and to fill the world with the glow of its goodness".

It is unfortunate that our educational system upholds competition instead of co-operation. This very often brings negative feelings such as envy and hatred instead of positive feelings such as love and helpfulness. We should try to win over ourselves than win over others.

What is the use of becoming intellectual giants if we do not have the sense of values to use intelligence for positive purposes. Therefore value inculcation ought to be the corner stones of any educational system. At the same time our educational planners must avail the students, the exposure to role models and learning experience which will enable them to cultivate in them the right values. This is the most important thing because the world today more than ever needs more and more right thinking people.

- Ashina Kumar
1st BDS



Life brings in its own twists and turns... who knows what will happen tomorrow. Like I never knew that I would land in Melbourne, Australia in 2008 with just a BDS degree. Amazed by the level of dentistry practiced there it was an immense challenge which I pursued in my eyes, to practice one day in the Aussie land. After passing the first exam (OET) in 2009 with flying colours, I also successfully cleared the Australian Dental Council (ADC) part I theory exam in 2010. Then in June 2011 was the big

day to appear for the 8-day ADC clinical final exam. I had put in immense hardwork and sheer dedication for the preparation of this exam. I was asked to perform cons work endodontics, crown and bridgework veneers, perioextractions and all other aspects of dentistry.

My "Mission Australia" was achieved once I passed this exam and was awarded by the Australian Dental Council Certificate and Full Registration to practice in Australia. I owe my success to GDCH for creating strong basics and inculcating all strong values in me to be a good clinician.

- Dr. Ruchi Chandra

Tooth Facts



1. George Washington did not have teeth made out of wood, but he did have teeth made out of hippopotamus teeth. He also had teeth made out of ivory, bad human teeth, cow and sheep's teeth
2. Your teeth started forming before you were born.
3. A Chinese dentist once built a tower out of 28,000 human teeth.
4. Sharks have at least 40 sets of teeth in their life time.
5. There is tooth decay that is visible from the outside and one that is not visible or undetectable from the outside because of what we call 'hidden' tooth decay.
6. Dentists agree that we should brush our teeth for 2 minutes every time we brush them. They disagree about whether we should brush 2 or 3 times a day.
7. The only natural substance harder than the enamel present on your teeth are diamonds.
8. The strongest teeth in the world belongs to John Musses of Belgium. he proved this by pulling 2 long Island Railroad passenger cars weighing 80 tons along the rails with a rope held on a bite between his teeth.
9. The blue whale - which has a mouth so large, that a full grown man could stand inside it with his hands raised - can swallow nothing larger than a shrimp.
10. The armadillo has as many as 104 teeth.... more than any other land animal.
11. The flamingo eats with its head upside down.
12. The snails mouth is no larger than the head of a pin, but has around 25,600 teeth.
13. Did you know that when you chew, only your lower jaw moves? Your upper jaw does not move while eating!

- Vernon Pires, 1st BDS



The important things in life

A philosopher stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty jar and proceeded to fill it with rocks.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles of course, rolled into the open areas between the rocks.

He asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Ofcourse, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "yes".

"Now", said the professor, "I want you to recognize that

this jar represents your life. The rocks are the important things - your family, your partner, your health, your children - things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter - like your job, your house, your car.

The sand is everything else. The small stuff".

"If you put the sand in the jar first", he continued, there is no room for the pebbles on the rocks. The same goes for your life.

If you spend all the time and energy for the small stuff, you will never have room for the things that are importance to you. Pay attention to the things that are critical to your happiness.

Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand.

- Paloma Fernandes, 1st BDS

The Hidden Message

Sometimes I feel the roses conveying a message to me
a message so cryptic that most don't see
though its form so ingeniously conceived
that nestling beneath those petals so brightly vivid
was something obverse of its beauty; which was ironically baffling
am referring to its thorns that left a prick, so unpleasing
that it left me to wonder of the message that was beckoned
as even despite of these thorns these flowers were still so reckoned
such that they could make their way into the heart of a lover
with such profound magic & unduly power
harbouring the ability to bury an old hatchet
and piffling rivalries & discords, how ? I sometimes ponder,
was its beauty & fragrance that made it so different
but on scrutinising facts, I observed similar traits
in other flowers making me reluctant
But, after a brief stance
I finally found the reasons at a glance
it was none other than the thorns indeed
that precluded the roses from being an animals feed
what I thought kept the beauty of roses at bay
actually procured it from dwindling away
I then sat disgruntled, for how long it took me to see
the cryptic message that was right in front of me
for our life was comparable to that of a rose
& that these thorns depicted to us
the pain & woes that we'd in our life encounter
& just as in the roses, these thorns served a purpose
in our lives too they had a role conspicuous
these thorns on our paths would make us strong
so that when things fall apart
we would take a stand & fight against the wrong
while preserving like a rose the beauty of good within the heart.

- Rohan Shinkre
Final BDS

Parable of the Pencil

The pencil maker took the pencil aside, just before putting him into the box.

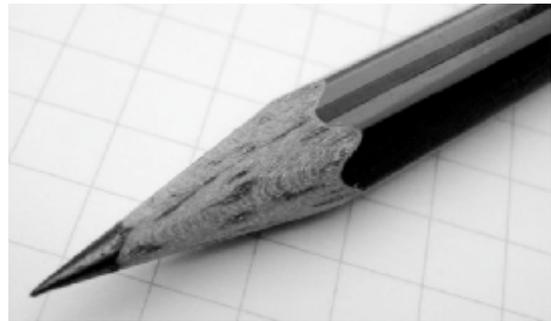
"These are 5 things you need to know" he told the pencil, "before I end you out into the world". "Always remember them & never forget them & you will become the best pencil can be".

1. You will able to do great many things, but only if you allow yourself to be held in someone hand.
2. You will experience a painful sharpening from time to time, but you will need it to become a better pencil.
3. You will be able to correct any mistakes you might make.
4. The most important part of you will always be what is inside.
5. On every surface, you are used on, you must leave your mark. No matter what the condition you must continue to write.

The pencil understood & promised to remember & went into the box with purpose in his heart.

Now you put yourself in place of the pencil. Imagine the heavenly maker is telling you these things & never forget these.

1. You will be able to do great many things, but only if you will allow yourself to be held in God's hands and allow other humans to access you for the many gifts you have.
2. You will experience painful sharpening by going through various problems in life, but you will become a stronger person.



3. You will be able to correct the many mistakes you make.
4. The most important part will always be what is inside i.e. your soul.
5. On every surface you walk through, you must leave your mark. No matter what situation you must continue to do your duties.

Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfil the purpose to which you were born to accomplish.

Never allow yourself to be discouraged & think that your life is insignificant & cannot make a change.

- Ms. Alina Fernandes
1st year BDS



I am so middle class

Okay Guys ! So after giving facebook so much of bashing up I thought we'd move on.... to Twitter. Twitter is so trendy & fun. It gives you a vert to tweet & tell the world what you think ! (even if you don't think). Just to share with you one of the latest trendy thing going on Twitter right now, which is the # I am so middle class tweets wherein people share their interesting observations & experiences in their day to day life or should I say 'middle class' life. So, here are some of the tweets, I know you'll relate to them. Tweet ! Tweet !

1. I am so middle class I keep hitting the TV remote on my palms when it stops working instead of changing batteries.
2. I am so middle class that I don't travel by Rickshaw. I ask strangers for a lift.
3. I am so middle class that I know only 2 types of biscuits - Marie and Khari & only two types of soups : Maggie & knorr & only one type of pasta : Maggie (Suzzie se Bhara)
4. I am so middle class that I only have enough balance to give a missed call.
5. I am so middle class that I ask beggars for change.
6. I am so middle class that I'm constantly wondering what to do with all the free vodafone text messages going to waste.
7. I am so middle class that I starve myself before attending parties & weddings.
8. I am so middle class I pass out everytime someone says 'petrol' on the local news channel.
9. I am so middle class that I pass on gifts that I got to others so that I don't have to buy newones.
10. I am so middle class that I grow a rainforest on my head before going to the Barber shop to eventually getting a hair cut synonymous to the vegetation in Sahara Desert to save money.
11. I am so middle class that I ask for 'discounts' at 'sale time'.
12. I am so middle class that I thought Miley Cyrus was a show hosted by Cyrus Broacha.
13. I am so middle class that I lecture my friends on the importance of sharing so that 'I can eat half of their tiffin'.
14. I am so middle class that I learnt about Michael Jackson through Boogie Woogie.
15. I am so middle class that I surf the net only at night after 12 because its free.
16. I am so middle class that I still have an audio cassette with 'Dil Se' on side A & 'Raja Hindustani' on side B.
17. I am so middle class that I lick the masala off the finished packet of lays only to lick the masala later off my fingers.
18. I am so middle class that I thought 'Paula Abdul' was a terrorist on American soil.
19. I am so middle class that I come out of restaurant with '1' toothpick in my teeth & the 'others' in my pocket.
20. I am so middle class that I bunk classes on my B'days so that I dont have to give treat to my friends.
21. I am so middle class that I ask the waiter to get the leftover food (all of it) parceled after dinner at a restaurant & ensure all the gravy has been properly taken from the plates.

22. I am so middle class that I reach the cinema hall only after my friends have bought the tickets.
23. I am so middle class that I don't go out for dates knowing that I'll wind up with an arranged marriage.
24. I am so middle class that I go to Hanuman Zaatra for shopping & still bargain.
25. I am so middle class that I still store every bottle of cold drink I drank for storing water in the refrigerator.
26. I am so middle class that I squeeze the tube till every ounce of toothpaste is utilized until I use another one.
27. I am so middle class that I previously thought 'Twitter' was a 'Bird Sanctuary)

- Rohan Shinkre
Final BDS



Recently, a Canadian dentist became the proud new owner of a piece of Beatle's history. That's right, Dr. Michael Zuk spent a reported \$31,200 on John Lennon's decayed and extracted molar.



- Paul Revere – known for his famous ride and his work as a silversmith, put ads in a Boston newspaper offering his services as a dentist. Revere, in fact, is the first person known to use dental forensics, to identify the body of a colonial colonel killed at the Battle of Bunker Hill by the bridge appliance he wore.
- Horace Wells – first dentist to use nitrous oxide “laughing gas” as an anesthetic for dental work in 1844.

*The earliest dentist known by name is Hesi-Re. He lived in Egypt over 5000 years ago
Ancient Greeks used pumice, talc, alabaster, coral powder or iron rust as toothpaste.*

Spearmint Sparkle. Peppermint Breeze. Eggshell Shine? The next time your dental hygienist asks you to pick a flavor, consider this – the ancient Romans used a mixture of bones, eggshells and oyster shells and honey to clean their teeth! We recommend you stick with the paste.

Americans spend \$100 billion per year on hair care products – and only \$2 billion a year on dental care products. What good is great hair without a great smile?

The Tooth of the Matter

My molar sure hurts, so I'm willing
To go to the dentist for drilling.
An amalgam fell out,
So when drinking, no doubt
I'm saying, "Great taste, less filling!"

My tooth hurts, I'll no longer delay
Dental visit. I call and they say,
"Please be here half past two
And the doc will see you."
At tooth hurty, he'll see me today.

There's a cavity the dentist will fill.
I must sit in his chair and be still.
I have done this before,
So I know what's in store.
I'm experienced; I know the drill.

To stop my tooth pain, I was willing
To go to the dentist. His drilling
On the tooth did relieve
All the pain. I believe
The experience was full filling.

The dentist drills on my teeth and preserves
The good teeth that each patient deserves.
He tries to be gentle
When doing things dental,
But he still always gets on my nerves.

Dentist looks at my teeth, and I wait
For some news that I hope will be great.
"You've no cavities there,"
And he adds, "But beware.
Teeth are in a pre-carie-ous state."



When I see the hygienist, I say
"Why do you look so sad, Ellie May?"
She replies, "I'm like this
'Cause my job gives no bliss.
I look into the mouth every day."

"Disease may occur underneath
Your gums, so to you I bequeath
An approach to prevent
Gum disease." Dentist meant:
His flossify how to clean teeth.

Work's monotonous, dentists will say.
You'll agree if you view it their way.
Work is grate, but routine.
Do you see what they mean?
Dentists have same old grind every day.

My dentist extracts teeth cleanly,
A thing that he does serenely.
Uses Novocain to
Make it painless for you,
While pulling the teeth routinely.

Compiled by
Trishala Fernandes
2nd BDS

Just My Luck....

Everytime I feel like I'm the only one with luck,
That is not so good,
As I fall into troubles moretimes
Than anyone should,

Whether it is the last day for submission of your access preparation
you realise that most teeth you have, have calcifications
or after you get exam patients with so much efforts & pain
They refuse to appear on the exam day, making you crazed & insane
and just when the most talked about films get released
You find out on the same date your exams have been fixed
or when you thought you have studied your books to the core
Everytime a question whose answer you don't know, comes in the paper
Leaving you everytime with heartaches you just can't bear anymore
that you third 'Lady Luck' is playing with you for sure.
On the exam day when you get stuck in an unending traffic
You start counting the clock, as your time is running out with each tick tock
& you are praying to every known God with everything at stake
to show you some mercy, & give you a break
Bad luck didn't even spare my laptop, that I held so dear
the hard disk crashed & motherboard broke in the same year
All these events lead me to ponder ?
that may be Lady Luck hates me, I wonder ?
whether it is stepping into cow dung
or getting myself by a bee stung
with all these things happening around me how can I feel groovy ?
But, I do feel that I may be in a remake of that Lindsay Lohan's movie
Though these trying times make me feel low,
deep down I know,
That my good times will arrive may be now or later,
coz the brightest morning comes after the darkest hour.

- Rohan Shinkre
Final BDS

True Friendship

Two men seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end.

Every afternoon when the man in the bed by the window could sit up, he would pass his time by describing to his room-mate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children soiled their model boats. A fine view of the city skyline could be seen in a distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

Days and weeks passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate the other man asked if he could be moved next to the window. The nurse was happy to make the switch and after making sure he was

comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out of the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased room-mate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said, "perhaps he just wanted to encourage you".

- Cassandra Fay Goes
1st BDS



Life

Life is tough,
It takes a lot of your time, all your weekends
And what do you get at the end ?
..... Death, Ha ! As if a great reward
I prefer the life cycle, to go backwards.

You die first and get it out of the way
then you live twenty years in an old age home
you get kicked about when you are young
you get a gold watch; you go to work.
you work for forty years until you are young enough
to enjoy your retirement
you go to college
you party until you are ready
for high school, you become a little kid
you party and have no responsibilities
you become a little girl or boy,
you go back into the womb,
you spend your last nine months floating,
and then you finish off as a gleam in some one's eyes.

- Reshma Raghu
1st BDS

Our Senior Citizens

Do you think calling people above 60 years of age "old" is right ?

According to me we all were once taught that we should respect our elders. But by calling them old, they do not get the respect they deserve. So from now on lets refer to our elders above sixty year of age as senior citizens. Well, senior citizens are really



honourable; we should not misbehave or ill treat them. We should keep them happy and healthy. We should take care of our senior citizens by helping them cross roads, lifting heavy loads, giving medicines at proper time and looking after their health. We can also help them by giving them company by introducing them to other senior citizens and helping them to join senior citizens. This would help them to know and meet other people of their age and this would help them in sharing their experiences with eachother; discussing their problems and finding solutions to them.

Well these are some favours that we can do for our senior citizens. The senior citizens have seen the world, atleast they have seen the world more than us.

They have gone through many problems and seen many people. Hence, they have experienced a lot. If they share their experiences, we get to know a lot about the world, the people who created history and we get general ideas and guidance which are based on their past experiences.

In west, senior citizens are sent to old age homes. Do you think its right ? Well, according to me they are not sending senior citizens but the pillars of their society to old age homes. This is not correct. Parents who have looked after them when needed and later when it is their chance to help their parents, they back off. We are lucky as this is not a part of our culture and we are taught to look after our elders.

So, elders are pillars of our society and we should respect them and look after them, as one day we will also grow old and expect our younger generation to treat us well.

- Reshma Raghu
1st BDS



To Stop Terrorists and Terrorism: What will it take?

Before anyone can give suggestions on stopping terrorism, the term "terrorism" must be defined. The so-call acts of terrorism that took place on September 11, were viewed as hatred terrorist acts in the eyes of America, however, other countries viewed this as an act of "justice." To answer the question "Will we ever be able to fully stop terrorists and their activities," is unknown. On September 11 we entered into what is already being called the age of asymmetrical conflict, an age when networks of terrorists and criminals can threaten the security of the United States, the greatest hegemonic power of the early twenty-first century, without using traditional military instruments. And so the United States finds itself confronted with an almost impossible situation. No longer relevant are the old Cold War maxims of national security policy that emphasized deterrence through the threat of retaliation. Direct military retaliation is impossible when one cannot locate those who initiate an attack. We might be able to isolate and cut off the financial resources of such terrorists, but as we are now seeing in Afghanistan, they have few assets that could be the target of military reprisals. Suddenly our defense, the protection of our homeland against attack from abroad, seems hopelessly inadequate. The plan to build a national missile defense shield to protect the United States from

intercontinental ballistic missiles, for example, will be totally irrelevant to this new terrorist threat.

The capture or assassination of Osama Bin Laden, to some extent, will have an affect on whether terrorism will "die down" but not stopped forever. In response to being in the shoes of Bush's right hand man on Defense Security, I would recommend the following alternatives. First I would have to state above all, we must understand that we cannot hide from the terrorist threat by drawing inward and sealing ourselves off from the outside world. The tragedy of September 11 demonstrated that no defense is impenetrable; we may, in fact, soon learn to our horror that every effort to plug one hole in our defenses can be offset by an almost unlimited set of vulnerabilities that terrorists can readily exploit. The effort to protect the civilized world from these new threats will ultimately require a patient, systematic response built on a commitment to justice, peace, and international cooperation rather than on the unilateralism we seemed to be seeking before September 11. Only collective global action can remove the long-term conditions that give rise to terrorism and allow it to operate and flourish.

- Chrisleigh Ann Faleiro
2nd BDS

Personal Worth

A great violinist stood before an audience and enraptured it with his playing. Suddenly in the midst of the selection he paused, took the violin beneath the chin, raised it in the air, and smashed it into a thousand pieces upon the floor. The audience sat aghast. In the silence the violinist walked to the front of the stage and said quietly, "don't be alarmed. The violin I smashed was one I purchased for a few dollars in a departmental store. I shall now play upon the Stradivarius"

He took the valuable instrument from the case, tuned it for a moment and began to play. The music was magnificent, but to the majority of those present it was indistinguishable from the earlier

selection. When he had concluded the violinist spoke again, "Friends" he said "so much has been said about the worth of this violin in my hands that I wanted to impress upon you the fact that the music is not in the instrument. It is in the one who plays upon it".



Each one of us must always remember that each one of us as a person is more important that we say or do. All that we say or do carries less than 10 percent as compared to what we are, what we are carries the remaining 90 percent weight.

- Ashina Kumar, 1st BDS



Procrastination is the thief of time

It has been said, "Never put off for tomorrow what you can do today". Yet there are many people who enjoy postponing things. Such people do not realize the danger of delaying. Work does not disappear if we postpone it. One day or the other it has to be done. The more we postpone, the more the work piles up. Finally, when we have no choice but to tackle it, the amount of work seems too much. We then have to work for long hours under great stress and tension. Finally we do it hurriedly and in a careless manner. It is as bad as work not done at all.

In order to stop procrastinating now, consider the following tips :

- * Deal with your stress - you can solve many problems by dealing with your stress in a healthy way. Start getting enough sleep. Take plenty of time to relax.
- * Set a schedule - Not having a set schedule is one of

the main reasons why people procrastinate. It's easy to forget to do something, or to avoid doing something if you're not holding yourself responsible at the end of the day.

- * Break your tasks apart - sometimes you'll find yourself procrastinating because the task at hand seems to large.
- * Take breaks - if you push yourself too hard, you may eventually burn out. After you accomplish each small task, give yourself a break.
- * Do it now - when it comes to little things, take on the "do it now" mentality because all those little things can add up to some serious stress.
- * Give yourself a firm deadline - Give yourself a firm deadline that you must adhere to in the end. If you end up wasting time at the beginning, you'll be hurting as the deadline approaches.

- Kaylee Bliss Gracias, 1st BDS

Love Actually

Some claim to have found it, others are in search of it while other misinterpret its meaning. It is the emotion that causes even the hardest heart to melt. Yes, if you've guessed it right, I am talking about Love. But is it really an emotion? What is it exactly? And where do I find it?

The walking hand in hand, that tickle down the spine, the amazing feeling when they are around, is this what love is all about? Love is not a feeling. There is much deeper meaning to it, it is an act of will. It is a discipline that involves sacrifice of oneself to another. It is when a man passes by a pretty lady but decides not to fantasize because he loves his wife, or when a mother gives up all her enjoyment for the sake of her little baby or when one is willing to even give his life for the sake of his friend - that is love. How can I be so sure about it? Its because the one who himself is love has given me the opportunity to love.

As a student of science, I do ponder upon some theories that we are made to believe. The Darwinian theory of evolution cannot explain the concept of love because it believes in the survival of the fittest. Love on the contrary strives for the survival of the weakest. If we were here as the outcome of chance from primordial slime, how did this act of love generate into us? It most definitely did not come to us as a matter of chance nor did we evolve to become loving creatures, but it must be given to us by someone who owns it and who in himself is love.

Love is willingness to sacrifice and sacrifices are painful. They may be small sacrifices like giving up a little habit that disturbs the one you love or they may

be big sacrifices like giving up something really important (an addiction, a relationship or your desire). People think that such kind of behaviour is very unreasonable. But love does not see the benefits of oneself but the happiness of the one being loved. If you cannot sacrifice, you cannot love. Love is not a one way street. As much as it involves receiving so it also involves giving back. The one who loves must give expecting nothing in return, because if we expect something in return then it is nothing more than a business deal.

I am in a debt of love and the ones who gave me love deserves nothing less than my all in all.

"Greater love has no one than this " to lay down one's life for one's friends" - Jesus Christ.

- Paloma Fernandes
1st BDS



I Can Change the World One Tooth at a Time!

Ever since childhood I have enjoyed working with my hands. Whether as an eight year- old gluing together a model car or an adolescent assembling a bookshelf, I thrived on the challenges of precise and meticulous tasks. Throughout school I have been intrigued by the sciences, but it was not until I read about late-breaking discoveries and research in the field of genetics that my interests in science intensified.

As entrance exams approached, I first began to seriously consider dentistry as a career. At that time, I began to appreciate the important role that dentistry played in my life. Four years earlier, I began an orthodontic treatment program to correct a severe crowding problem with my teeth. Both before and during the treatment, I was a most reluctant participant; not many teenagers look forward to braces filling their mouth during their last two years of high school, and I was no different.

However, at every monthly check-up for three-and-a-half years the office staff had nothing but kind words of encouragement and optimism. Now after the completion of the treatment I had reason to smile. The doctor helped turn me from a shy adolescent who feared smiling into a confident, outgoing young girl. His skills not only brought back my smile, but also my sense of confidence in all aspects of my life. Whereas once I feared drawing attention to myself and thus shied away from leadership posts and debates, now I am a completely different person. Hoping to feel as satisfied and gratified as my doctor must have felt, I look forward to improving the oral health of patients on a daily basis and participating in dentistry' s friendly, team-oriented work environment.

In addition, my experience with team sports has provided me with leadership skills that can not be taught in any textbook. As the captain of my basketball team , I

have developed excellent communication skills and the ability to identify and work effectively with peers. All of these qualities will prove very important to my future career in dentistry.

Attracted by the dental profession' s ability to positively impact people' s lives, just like my orthodontist, and by the profession' s financially rewarding and stable lifestyle, I look forward to one day opening my own practice and becoming a well-respected member of both the community of dentists and the community of patients.

- Trishala Fernandes
2nd BDS



Dont Quit

When things go wrong as they sometimes will,
when the road you are trudging seems uphill,
when the funds are low and the debts are high,
and you want to smile, but you have to sigh,
when care is pressing you down a bit,
rest! if you must but dont quit.

Life is queer with its twists and turns
as everyone of us sometimes learns,
and many a failure turns about
when he might have won had he stuck it out
dont give up, though the pace seems slow
you might succeed with another blow.

Often the goal is nearer than it
it seems to a faint and faltering man
often the struggler has given up
when he might have captured the victor's cup
and he learned too late, when the night slipped down
How close he was to the golden crown.

Success is failure turned inside out,
the silver tint of the clouds of doubt
and you never can tell how close you are
it may be near when it seems after
so stick to the fight when you're hardest hit,
its when things seem worst that you must not quit.

- Jyoti Chauhan
1st year BDS

To Ban or not to ban

Have you ever walked down the streets in downtown Toronto, or in the very midst of Manhattan, New York? It seems that every five steps you take leads to yet another glimpse of someone smoking outside a restaurant. Sometimes the smell can be overbearing, and many times, you feel the urge to snap at the smokers to take it somewhere else. In today's day and age, over 1.3 billion people in the world smoke, and many more are joining the masses. There is much controversy as to whether the government should ban smoking all together. The obvious answer is yes, but there are other issues that will need to be dealt with if such a law is placed.

In the first place, smoking causes cancer. This is a scientifically proven fact that is now common knowledge. Second-hand smoking or Passive Smoking (breathing in the fumes from another smoker's cigarette) is also a cause for cancer, as well as other dangerous diseases. A smoker has a higher risk than most people of having a heart attack, which is amplified even more by the fact that he has a stressful job. Many other people also develop heart and lung problems due to smoking, which they give to their children. Thus, by making smoking illegal, we could decrease the death tolls of cancer and other diseases caused by smoking.

In addition, since the law would ban the growing of tobacco and manufacturing of cigarettes, smokers would have no choice but to quit and find a different way to relieve them of stress. This would also put a halt on the amount of pollution that cigarettes create, and give other non-smokers some less-polluted air to breathe, in this sea of pollution that we live in.

Another reason why smoking should be banned, is how it affects the younger generations. Studies have proven that children who have parents who smoke

are more likely to take it up as well, than children who have non-smoking parents/guardians. This also depends on their surroundings, but even though many schools teach Health class and the harmfulness of smoking, there are still many students who do not pay heed to them. If smoking were to be banned, then there would be less children smoking, and maybe they would finally realize how important the issue is. Many adults would also "see the light", and the government would be preventing the spread of diseases.

However, though everyone knows that smoking is harmful to our bodies, banning smoking may not be the answer to our problems. Smoking is such a normal part in our lives that there has sprung an actual industry just for cigarettes! If a law were passed, all the people who live off the industry would be out of jobs. That would only increase the number of homeless/jobless people on our streets begging for money, which does not help our economy at all.

Therefore, I have concluded that smoking should be prohibited in more areas, so it is harder for smokers to find areas to smoke. However, the government should not ban it all together, for fear of losing tens of thousands of dollars that are collected in taxes when selling cigarette packages and lighters. Also, if the government passed a law banning smoking in all areas, they could put the extra money towards advertisement and other knowledge-seekers, educating more people about the dangers of smoking.

- Chrisleigh Ann Faleiro
2nd BDS

Dave doesn't suffer from insanity... he enjoys every minute of it.

Dave is wondering where noah kept woodpeckers on his ark

Katie thinks that if your relationship status says, "It's complicated" that you should stop kidding yourself and change it to "Single"

Dave before you use the bathroom in someones house make sure you check they have toilet paper!!

Katie "Good morning...I see the assassins have failed."

Dave is cleaning out his medicine cabinet of expired prescriptions with a glass of water and several mystery pills at a time.

Katie Be nice to nerds, Chances are you will be working for them.

Dave is normally not a praying man, but if you're up there, please save me Superman.

Dave just received a coupon in the mail: Buy one sock, get one FREE! While socks last.

Katie would rather check her facebook than face her checkbook.

Dave believes that if you tell your boss what you really think of him, the truth will set you free.

Dave reckons anti-wrinkle cream doesn't work. If it did, women wouldn't have any fingerprints.

Katie will one day get even... with all the people that have helped her.

Dave Do you know what really makes me smile? Facial muscles.

Katie People who live in stone houses shouldn't throw glasses..

Dave I hear there is scientific proof that birthdays are good for you... the more you have the longer you live.

Katie I just read a list of 'the 100 things to do before you die'. I'm pretty surprised 'yell for help' wasn't one of them...

Katie never judges a book by its cover. She uses the paragraph on the back, it tells you what the story is about.

Dave Top Tip Of The Week: When going through airport customs and you are asked "do you have any firearms with you?" do not reply "what do you need?"

- Rohan Shinkre
Final BDS



A HERO

When I think of a hero I immediately think of someone who is strong, intelligent, determined, and daring. Upon closer examination, many different qualities than these become apparent. Courage, honesty, bravery, selflessness, and the will to try are just a few of the overlooked qualities of a hero. The definition of heroism changes with the context and time. Heroes of the past are not necessarily heroes of present time and vice versa. A person can be a hero for saving the life of one or of millions. Heroes are not only real people, but they are also fantasy figures. Children are extremely interested with legendary and fantasy figures because they take on such tasks as: difficult journeys, challenges with dragons, discovering lost treasure, and changing the nature of the world through their singular acts of courage and selflessness. They also endure much resistance, hardship, and danger. Often the hero learns valuable lessons about survival and self-reliance. Not only do heroes teach valuable lessons they give a child a sense of belonging. To a child, a hero is an invincible person who will change the world.

There is another type of hero that almost no one is aware of. In the poorest areas of the country, live mostly minorities and other ethnic background communities. All their lives they've been expected to work harder and expected not to succeed in life. Some individuals living in poverty with a determination to succeed work hard all of their lives to become what everybody doubted they could. Escaping the crime, drugs, and prostitution is enough to escape hell, even if they don't go to college. Despite their financial problems, drug and crime surroundings, or difficulties in the language skills, their desire to triumph fuels their persistence. Those who make it to success are the few living examples of the

purest form of a hero anyone can be. They are not only their own heroes but also the heroes of the poor children who dream of becoming like them someday.

You also don't have to kill anyone, conquer foreign land, or risk your life to be a hero. Anyone who influences anyone else by saving or helping save his or her lives is a hero. Dr. Martin Luther King Jr. changed the lives of millions of people by bringing justice to minorities. Mahatma Gandhi, one of the greatest heroes, led a nonviolent revolution to free his country. Even a parent can be a hero to his or her child by leading them in the right direction. All teachers are heroes when they make it their job to teach a child anything that will help them in life. You don't have to go to great lengths by risking your life to make a difference in someone else's life.

In conclusion, a hero is any person who changes the life of another person in a positive way. No one has to kill monsters, rescue princesses, or lead a war to be hero. You don't have to have superhuman strength or be known worldwide to be a hero. There is one characteristic that all heroes must possess. Whether you're saving someone from a fire, leading a nonviolent revolution, or striving to succeed, you have to have courage to accomplish your goal. Everyone has a hero, but not everyone has it in him to be a hero.

- Clarence Dias
2nd BDS

A Beating Heart

Animal – what comes to your mind when you hear this word? Perhaps something furry, something feathery, something slimy, something with a beak or lots of sharp teeth, - right? I am sure this what comes to almost everyone's mind when they think “Animal”.

However, do you think of LIFE, a beating heart, feelings, and a struggle for survival amidst tremendous odds? Take a minute to stop and think of this; after all, animals aren't the cuddly stuffed toys that you see in department stores.

They are living, breathing creatures, given a life just as we humans have. They too have to eat, survive, and live their lives. But there is a huge difference between the way animals live and the way humans live. Animals have to struggle for survival; they have to fight for their lives. They do not people to help take care of their babies for them, to cook for them, no family members for guidance and help – the things that humans tend to take for granted. No. Animals are solely on their own from the minute they take their first breath to the minute they take their last. They have to eat for survival, defend themselves with nothing except themselves, build their own homes, take care of and protect their young. To them life is an extremely tough existence, and they have to make do with whatever they have and cannot demand for anything more. Sounds kind of harsh, doesn't it? Yes, that's an animal's life! The world today is becoming less aware of the pain and suffering being inflicted on animals.

As a result, animals are becoming even more and more downtrodden in society. Humans have, and

continue to, treat animals as if they are property, as if we can own and therefore control their lives and what happens to them. This is immoral, animals are here for

themselves, animals have their own lives, and they think, have feelings, feel pain, require love (from their own species), feel emotional hurt, have families, and everything else that humans do. To just simply say that non-human animals should have no rights because they're “defective” is a mindless statement! People come to this “conclusion” because they come up with some mindless babble like, non-human animals can't talk, drive cars or vote, and therefore they have no non-tradable properties. Well answer me this; do non-human animals have the right to exist in their natural environment and express behavior that matter to them? We withhold non-human animals the very basic rights, simply because they don't resemble humans.

Since they have it so harsh, why do we humans take pleasure from inflicting pain on them, from killing them? They have no defense; they do not have guns and rifles, they do not make traps and snares, nor can they retaliate. Hunting, poaching and shooting for pleasure, or “sport”, is both sadistic and extremely cruel. Sadistic because, you kill



something that cannot defend itself in any way, something who can run only so far away from you before you catch it. Poaching an animal because of its beautiful ivory tusks or its strong horn is very unfair and signifies greed. Humans can get anything they want, they can buy anything they want in a store, but these beautiful assets of tusks and horns are God-given, and they are the elephants' and the rhinos' to keep, they are a part of their body. The same goes for snake and crocodile hides; they are the reptiles' skins! If only poachers could stop to think and imagine themselves being shot down by a huge crocodile or an elephant, and then be stripped of parts of their bodies, they could be a little more compassionate.

Animal fighting rings are an extremely disturbing, and the biggest, cruelest aspect of animal abuse. I have watched several television programs on them; they are especially created to inflict the maximum pain and physical damage to a creature.

Let us take the example of cock-fighting rings: Baby male chicks, as soon as they hatch, are kept in isolation, in order for them to become as antisocial, and aggressive as possible. They are fed on diets that are not normal for chickens; no seeds, no grains for these unfortunate birds. Instead, daily injections of steroids and “pumping-up” vitamins are a part of their diet, to physically alter their appearance, and make them grow to unnatural sizes. Their legs are plucked once they start to spurt adult feathers, and from then on the legs are shaved daily to prevent any feathers. Why? The legs are kept bare so their keepers can attach metal blades and/or artificial claws all through the length of their legs. It gets worse: they are also kept featherless so that the blades and claws of the opposite fighter bird can

inflict as much as damage and bloodshed as possible. Now, the actual fight: The two fighter birds are thrown into a padded box, and people stand around and cheer their favorite one on – as they have bet large amounts of money on it! Do they stop to think the amount of extreme pain the poor birds suffer? After a bloody fight, the two birds are thrown back into their cages, given some water and some anti-shock serum through hypodermic needles, known as “prep shots”, which are to prevent the bird from dying – so that they can fight again a few hours later. If this is not extreme cruelty, then what is??

Fox hunting, rabbit hunting and bear hunting are three very popular “sports” primarily carried out in England and North America. A group of people go into the countryside on horseback with a large pack of dogs and chase the first unfortunate little fox, rabbit or bear they see. The dogs do the chasing; the hunters merely follow along. Needless to say, the dogs tear up the animal upon catching it, and the hunters stand there on their horses and cheer. Yes, this is a popular “sport”!

Another extremely disturbing aspect of animal cruelty is animal testing. Animals are literally being tortured to death by substances such as drugs, cosmetics, diseases, tobacco, alcohol, detergents and other poisons. After all these acts of cruelty such as locking animals in complete darkness, literally driving them insane – the goal, believe it or not, is actually mental insanity – and then turning them in to drug addicts, inflicting diseases such as Aids and cancer, disabling them by turning them blind or deaf, and... there has even been cases of dogs being sewn together, and many cases of mice, rabbits, guinea pigs and even monkeys having

cosmetics, detergents and other household products rubbed into their shaven skin and having it drip into their eyes, while being under no anesthetic at all... All for what reason, what does this achieve? We are only finding out things we already know such as we know smoking causes cancer, drinking ruins the liver and we know the side effects of drugs on humans and the results from these experiments are not totally 100% accurate anyway because animals are different to humans. After years of developing science and technology why do we still use these unreliable and inhumanely cruel methods to find out little or no

information about cures for diseases? Shouldn't all the money and effort spent be spent on preventing these diseases in the first place by changing the environment around them instead of using all these inhumane tests on all these animals to prove nothing?

Please, to all who read this, appreciate animals, accept the fact that this earth is more theirs than ours, and please give them their rights.... If only we could imagine ourselves in their situation!

- Trishala Fernandes
2nd BDS



Things I Hate About Facebook....

Previously before the advent of facebook, social networking still .But back then it was called "outside". With that said I give you some of my interesting observations:

- ◆ Facebook is pretty much a self-inflicted privacy eradicator. Signing up on that little registration page so that you can see pictures of your distant relatives new baby seems innocent enough, how many of you realise that facebook then owns every single piece of information that you ever upload/write on their site? I may as well put an advert on gum-tree giving people my address, leaving my door unlocked, and telling them when I will be on holiday.
- ◆ Previously people used to say "Nekhi kar dariya mein dal, now rephrasing it ...Kucch bhi kar, facebook pe dal"
- ◆ People 'poke' you. In real life I do not want people that I haven't seen for four years walking up to me and 'poking' me. This is in my opinion rather odd behaviour. Facebook would be a lot better if it had a 'Punch Me' button.
- ◆ It is now seen as acceptable for old people to join facebook. Having your grandmother adding you as a friend means that you can no longer post pictures of young people having 'fun', this in turn takes any sliver of fun that may existed on facebook firmly away. Great.
- ◆ Why do people insist on inviting you to a group over and over again until you 'accept'? You have been invited to join a group on 18th Century Steam Engines so I 'Reject Invitation', You have been invited to join a group on 18th Century Steam Engines then I again 'Reject Invitation' You have been invited to join a group on 18th Century Steam Engines then me 'Reject Invitation'. Would those same people post you 28 letters inviting you to a wedding? or would they perhaps get the point? Who in the 21st century want to join a club that wants to know how steam engines work. As if

i've nothing else to do. Well if it was a vampire diaries fans activity then well speaking my schedule. Let me check...is totally free!!!!

- ◆ Friends 'Suggestions', which always show about two dozen people that you are 100% certain you have never met in your life. I will continue to make my own friends in real life without your suggestions, but..... errrr..... thanks for the suggestion?
- ◆ The dozens of people that add you despite having not seen you for over 5 years, just because facebook 'Suggested' that they might know me? Wow now thats called true friendship!!! Or should I say fraandship!!!(gawd!! that movie was even more pathetic, will write an article on why I hated that later!!)
- ◆ And offcourse - speakin of fraandship whu cn fg8 d gramer usd whil chatin on fbuk. And then the extended exclamation marks!!!!!!!!!!!!!! That seem to be proportional to one's excitement!! Wow what a way to express happiness. cheers!!!!!!!!!! Makes me wonder how'd they express depression???????????
- ◆ Notifications. You make one comment on one photo/status/wall post and you subsequently get 34 notifications telling you that other people have also commented makes u wonder why did I comment on that freaking photo in the first place.
- ◆ And how can I forget THE PICS.....Its like a issued a convention and people became photographers pasting their everyday activity ,every relative ,every event, every mood on facebook and always with the motive of fetching likes(Don't deny it!!) that I wonder if facebook would shut down(oh apocalypse!!) then these people would be left with no option but to roam around with their pics from door to door asking for likes

- Rohan Shinkre
Final BDS

Creation or Evolution?

How was the earth created? This is a question that has puzzled humans for ages. There are two main theories that explain how the earth was formed. These are the theories of evolution and creation. The creation theory is divided into various groups. The most accepted creation theory is the one of the biblical creationists. Biblical creation and evolution are very different, and both have indicators as to their authenticity.

In evolution life is seen as having resulted by natural processes only. The theory suggests that in the past there were extended intervals of stability which ended with a mass extinction and the sudden appearance of a new species. This process occurred without the intervention of supernatural forces or deities. Nearly all modern scientists who are not Evangelical Christians believe in evolution.

Biblical creationists are also called literal creationists, because they interpret the two Genesis accounts of creation in the Bible literally and believe that the Bible is without error. They believe that the "day" mentioned in Genesis 1 signifies a normal 24 hour day. According to this creation the universe was established in six days. Biblical creationists interpret most sedimentary rocks as products of Noah's flood. The majority believes that the earth is under 10,000 years of age. Some believe 4004 BC was the year of creation.

The person who proposed the methods by which natural processes cause the evolution of the species was Charles Darwin. He used natural selection to

explain how evolution worked. Darwin's old teacher said evolution would "brutalize" us as human beings and sink us "into a lower grade of degradation" than any time in recorded history. He was partially correct. The fact that many people think they evolved from monkeys has made morale in the world lower. However, to say that it has been the cause for the decline of society is ridiculous. Yes, war and crime has been higher in this century than in any other, but it is certainly not because of the theory of evolution. A theory can not start a war or commit a crime. People can.

How can you prove creation or evolution? You can not prove them scientifically. The only one you could prove is creation, because of the Bible. If you believe that the Bible is without error, then you must believe that God created everything. Creation is much harder to support scientifically. This is because there are many indicators that point to a very old earth. There are also events described in the Bible that are believed to be impossible.

One of these is Noah's flood. There would have been no way for all of the species unique to Australia, North America and South America to make their way to the middle east to be loaded on board the ark. Oceans would have prevented their passage. Many animals would have starved to death on their way to the ark as suitable food would have been unavailable. These are some examples of why it is hard for people that don't believe in the Bible to give credibility to the theory of creation.

There is a lot of evidence that supports the old age of the universe. Radioactive dating of the oldest earth rocks gives an age of almost 4,000 million years. Moon rocks and meteorites from outer space give dates in excess of 4,000 million years. The rate at which the continents are spreading apart from each other indicates that the Atlantic Ocean is about 200 million years old. The reversals of the earth's magnetic pole are recorded in the Atlantic Ocean sea bottom for the past 80 million years. Radio carbon dating of wood has identified many wooden objects

to be many tens of thousands of years old.

The reason why evolution can not be proven is because it takes too long. Processes like mountain building and erosion are simply too slow to be observed during one person's lifetime. In the end what you believe comes down to two simple things. Do you have faith or do you believe in logic? In other words, are you going to use your brain or your heart?

- Trishala Fernandes
2nd BDS

◆ ◆ ◆
Hope

Never go gloomy, man with a mind,
Hope is a better companion than fear,
Providence, ever benignant and kind,
Gives with a smile what you take with a tear,

All will be right
look to the light

Morning was ever the daughter of night
All that was black will be all that is bright

Cheerily, cheerily, then cheer up
Many a foe is a friend in disguise
Many a trouble a blessing most true
Helping the heart to be happy and wise,
With love ever pressure and joy ever new

Stand in the van
Strike like a man !

This is the bravest and cleverest plan
Trusting in God while you do what you can
Cheerily, cheerily then cheer up.

- Anthea Sequeira
2nd BDS

JUST A DREAM



I woke up one early morning to the time of a little bird at my bedroom window. The bird itself was a real beauty, and the time even more beautiful. It was a great beginning to a beautiful day. The sky was bright and clear and the breeze was so fresh as could be. I woke up looking at the beautiful blue sky and feeling fresh & full of life. I got out of bed and looked out of my window. The sun was rising slowly, and everything looked so beautiful. My garden was full of flowers of various colours and butterflies were all around the garden.

A few people were jogging and some were talking, laughing and sharing a joke. Everyone seemed relaxed and content. I stood at my window and took a deep breath. My lungs were immediately filled with fresh air and it made me feel wonderful, ready to enjoy another great day. In the distance, I could see all the beautiful green fields with the crops swaying gently in the breeze. People were already getting ready to work in the fields. A few houses away I could see my father chatting with a few neighbours who were out on their morning walk. Suddenly I heard my alarm ringing and I woke up with a start. I was now awakened to the harsh realities of today.

I walked up to my window and all I could see was my neighbours building. All around were just huge monstrous buildings. The air was filled with smoke and the sky was not at all visible. The flowers that I could see were those in a vase near my window & these were all artificial. All that I could see were cars on the road and people were rushing to get to work. No one had time for the other. The sun was rising but could not be seen due to the smoke that had filled the air. Not a bird in sight. I realized that my life was now one in a concrete jungle. No birds in the air, no sun to see, no flowers, no trees, no butterflies. Just concrete buildings, card and smoke everywhere.

Oh! how I wish my dream was a reality but I guess dreams will be dreams unless we make some effort to make them come true.

- Minoshka Lobo
IInd BDS

24 GOLDEN WORDS OF LIFE

- 1) Three people you must respect
 - a) Teacher
 - b) Parents
 - c) Elders

- 2) Three things you must possess
 - a) Truth
 - b) Belief
 - c) Goodness

- 3) Three things you must fight for
 - a) your country
 - b) your self respect
 - c) your right

- 4) Three things you must have control on
 - a) your tongue
 - b) your temper
 - c) your desires

- 5) Three things you must beware of
 - a) Evil
 - b) Back biting
 - c) Jealousy

- 6) Three things you must achieve
 - a) knowledge
 - b) Good character
 - c) Simplicity

- 7) Three things you must keep clean
 - a) Body
 - b) Thoughts
 - c) Appearance.

- 8) Three things you must always remember
 - a) Death
 - b) Help
 - c) Advice

- Unknown -
Dr Shaheen Syed
Lecturer
Dept. of Oral Pathology

BE GLAD YOUR NOSE IS ON YOUR FACE

Be glad your nose is on your face,
not pasted on some other place,
for it is were where it is not,
you might dislike your nose a lot.

Imagine if your precious nose
were sandwiched in between your toes,
that clearly would not be a treat,
for you'd be forced to smell your feet.

Your nose would be a source of dread
were it attached atop your head,
it soon would drive you to despair,
forever tickled by your hair

Within your ear, your nose would be
an absolute catastrophe,
For when you were obliged to sneeze,
your brain would rattle from the breeze.

Your nose, instead through thick & thin,
remains between your eyes and chin,
not pasted on some other place-
be glad your nose is on your face !

- Minoshka Lobo
IInd BDS

Life and all its Madness

Life is living, life is loving every moment of everybody in the craziest of circumstances, life is letting go of all things bad, life is longing for things that we feel we need most.

Life can make you shed tears or flash the broadest of smiles. Life can take you places or keep you grounded, life can make you curse it or cherish every moment of it. Life is about making mistakes and still not arriving at an answer. Life is nothing or life is everything.

Every wonder how one moment we feel on top of the world and the next moment like a nobody with a whole lot of self esteem issues. What if being right here right now is our destiny, its where we belong? We don't have the answers to that. Hell! we don't have the answers to a whole lot of questions. But maybe thats life. We all have our talents and our weaknesses. They are a part of us. They are a part of who we are and what we have become. We cant shy away from things we feat most because sometimes overcoming these fears, makes us feel strongest. And we might not always make the right decisions but sometimes the experience is all we need and we always need to focus on our strong points, because sometimes that's all we have left.....

- Malasha Godinho
IInd BDS



WHERE THE SIDEWALK ENDS

There is a place where the sidewalk ends
And before the street begins,
And there the grass grows soft & white,
And there the sun burns crimson bright,
And there the moon-bird rests from his flight
To cool in the peppermint wind.

Let us leave this place where the smoke blows black
And the dark street winds & bends.
Past the pits where the asphalt flowers grow
We shall walk with a walk that is measured & slow,
And watch where the chalk-white arrows go
To the place where the sidewalk ends.

Yes we'll walk with a walk that is measured and slow,
And we'll go where the chalk-white arrows go,
For the children, they mark, and the children, they know
The place where the sidewalk ends.

- Minoshka Lobo
IInd BDS

LIFE IS A BATTLE, FACE IT

The world today has become one big battle field, in which we humans have become fighters. Yes indeed from the time we wake up in the morning till we hit the bed at night, life has become a battle and we are challenged to face it.

Be it school kids, college students, people working, just about everyone is seeming to be in a race with time. There is so much to do that the time always seems to be less. A race against time, this is what our lives have become, we are soldiers and the world is our battle ground. From the day we step into this world till the day we return to our maker, we have to fight this battle. Day in and day out it continues, probably never to end.

Children have to study, adults have to work & this is all what life is about. But then is this not what the basic principle of life is? After all we have been created to do just this. Then why should life be a battle?

Indeed it is we who have made life what it is today. Everywhere you look there is cut throat competition. No one cares about the other. Infact we have all become so individualistic and self centered that others seem invisible to us. All that matters is that we get what we want. It is this attitude that has made life a battle.

Just because life is a battle, it should not make us selfish, cruel and so self centered. Let us fight this battle as time humans in a fair and proper manner. The most important factor is to fight the battle without posing a threat on being a danger to other fellow humans. Our lives should be such that we do our best and also allow others to do their best. Ultimately we should all be like true soldiers who are first humans. Fight to win the battle but see that there are no losers. Life after all is the most precious thing we have. So life is a battle, lets face it.

- Minoshka Lobo
IInd BDS

MOTHER'S WATCH

I sit beside you, mom
On death's doorstep you lay
I set my head upon your wrist
As I bow my head to pray.

The world to me shut off
The silence here is thick
Alone just you and I
And your watch's rhythm tick

I block out all my pain
And loss Im sure to feel
I concentrate now deeply
On the tick your watch reveals

I sit here now for days
and hear the rhythm sound

I contemplate you being gone
The thought now seems profound.

The time for you is near
To enter heaven's gate
I'll stay here by your side
Until your journey is complete

Its months now since you have passed
My wounds are healing slow
I want so much to hear now
To see your smile grow.

I lay my head upon my wrist
When my feelings are too strong
I hear your watch's rhythm tick
and know you are never gone.

- Jarita Sequeira
IVth BDS

CHANGING COAL TO DIAMOND

What is it, from becoming a diamond from a coal ?

Diamonds are beautiful and sparkling but the amazing thing is that a diamond is derived from a coal.

The beauty of the diamond, its glowing radiance, gives it a stunning appearance and a great market value for which the coal is black and valueless.

To know that, a coal has to undergo a lot of pressure and heat as to become a diamond of which it has value.

Let's imagine, if we gift a piece of a coal to a friend, saying that it is a diamond jewel. Would the friend be happy or unhappy ? Even though one knows that the diamonds has more or less similar structure as that of coal.

As to the people in the world, there are a whole lot of coal and handful of diamonds scattered around.

So to be changed from coal to this gem, one has to undergo through pressures and heat, in form of obstacles, stress and so on. And if one is not determined it is as resisting of pressure and heat.

Optimum tolerance should be developed within, in strength such that it does not have impact on surroundings and to respond in a calm manner. This tolerance should not be mistaken as to grit others teeth.

To conclude

In a Royal family, it was once said that a king gifted her little princess, a golden ring with a piece of coal as she was fond of rings and diamonds.

Immediately the princess asked nervously - "Father what made you to gift me a piece of coal, instead of a diamond".

Calmly the king replied - "Dear princess, living as a coal is not satisfactory, when you become a diamond you will be set in gold, that the entire kingdom benefits from your goals are beauty".

- Breezy Barreto
Intern GDCH



Source of Light !!



Light !! is that which enhances the environment with brightness, illumination, a sense of humor and a feeling of oneness.

The light which chases the darkness away, the same when passes through fine drops of water drizzled from the clouds, displays a spectrum of vibrant colors. It is of course, not merely the colors, but more than it, mostly for its energy that travels at an incredible speed throughout the universe.

How wonderful is this source of light that we imagine of it is....?? The light that sparked a creation, in which the human body, the cell-life, has itself being a subject kept under study by various practitioners.

Taking for an instance, a solar heater, kept on an open terrace is just a plain metallic black box covered by a pane of glass.

It mainly absorbs the maximum amount of light stores it at an effective concentration within it so as to achieve its ultimate purpose or task required.

As to ponder upon, the human beings, physically or mentally are the most complicated and delicate mechanism in this world, with various ideas, beliefs, thoughts and emotions floating within oneself.

Finally to quote 'Arjuna'

"The mind is verily restless, O Krishna, it is impetuous, strong and difficult to bend. I deem it as hard to curb as the wind".

Then Krishna replies - "Without doubt, O mighty armed, the mind is hard to curb and restless, but may be curbed by constant practice and dispassion".

- Breezy Barreto
Intern GDCH



As the day comes to an end

As the day comes to an end,
In god's praise I bend!
Even when things around me, I know are messed,
With God's grace, I still feel blessed!
I know that he cares for my happiness,
But still I experience ordeal & sadness!
As When I look around me,
I find people with who I want to be,
The successful, the talented,
The famous, the uninhibited,
But then I hear Him saying in a single phrase,
That I'm original & that no one can replace,
That the doors may be closed
So I can find the one that'll let my true destiny unfold!!

- Rohan Shinkre
Final BDS