

**Appointments/Promotions**

- Dr. Abid Ali promoted to Professor, Dept. of Anatomy
- Dr. Zahid Hussain Khalil Professor, Dept. of Forensic Medicine
- Dr. Muhammad Yousaf Professor and Head of Dept. of Physiology
- Dr. Masood ur Rehman Professor Dept of Medicine
- Dr. Babar Ahad, Assoc. Prof Dept. of Community Dentistry
- Dr. Iftikhar ud Din Niazi, Associate Professor, Dept. of Pharmacology
- Dr. Sofia Kabir, Asst. Prof. Dept. of Community Dentistry
- Dr. Syed Murad Ali Shah Banori, Asst. Prof Dept of Oral & Maxillofacial Surgery
- Dr. Nighat Ara, Asst. Prof Dept of Oral Pathology

**Condolences**

- Father of Dr. Tahir Ali Khan (Vice Principal SBDC)
- Brother of Dr. Abdus Salam (Dean Post Graduate Studies)
- Father of Himayat (Dental Assistant)
- Brother of Syed Tahir Shah (Public Relations Officer)
- Brother of Qabal Shah (PA)

May their souls rest in eternal peace with Allah's blessing upon them.

**Schedule for Decade Celebrations of Gandhara University**

Japanese Calendar Exhibition organized by Pak-Japan Cultural Association (KPK) at Gandhara University Campus	7-8 Feb. 2013)
Initial rounds of Table Tennis and Badminton	1-5 February 2013
Sports Gala – 2013	11th -14th Feb.2013
Opening Ceremony	11 Feb. 2013
Semi Finals and Finals of Table tennis, Badminton, Cricket, Foot Ball and Net Ball (Girls)	11 to 13 Feb. 2013
Closing Ceremony and Prize Distribution	14 Feb. 2013
Literary Week	25th to 28th Feb. 2013
Inauguration of newly constructed Hall	25 Feb. 2013
Inter College Naat and Qiraat Competition	25 Feb. 2013
English, Urdu and Pushto Debates	26 Feb. 2013
Poetry and Quiz Competition	27 Feb. 2013
Painting and Photography Competition	27 and 28 Feb. 2013
Movie/Drama Day & Prize Distribution	28 Feb. 2013
Medical and Dentistry Seminar	Last week of March 2013
Magazine Launching and Awards/Medal Distribution Ceremony	16th March 2013
Convocation-2013 for graduates of 2011 and 2012 (MBBS, BDS and MPH)	13th April 2013.

**EDITORIAL TEAM**

Dr. Ismail Qamar  
Director Sports, Literary & Social Affairs  
Fatima Daud Kamal  
Knowledge Management  
Dr. Zainab Kabir  
Administrator KMC & SBDC  
Dr. Saira Afridi  
Asst. Professor  
Preventive & Community Dentistry  
Syed Tahir Shah  
Media Consultant

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"Oh my Lord! Advance me in knowledge".  
Ta-Ha (J. S. 20, A 114)

**GANDHARA NEWS**

Gandhara University's Biannual Newsletter

**Celebrating a Decade of Success**

The sacred month of Muharram, being the start of the Islamic Calendar is the time Gandhara University has adjusted itself for commencing celebrations for the 10 years of its existence.



The Pioneers of Gandhara University with Surgeon Muhammad Kabir

I joined Gandhara University in Nov.2003 following my husband's demise, as per his wishes and encouragement of the faculty. During his lifetime, he made certain that I remained abreast of all important administrative and financial issues. I had witnessed the struggle he went through to establish the College. My initial months were fraught with uncertainty and I often balked at the magnanimity of the job before me. Shortly after I took over, a friend of my husband informed me that the general speculation was that it would not survive beyond two years. That, for me, was the defining moment. This University is a labour of love, a product of the most ardent struggle and utmost determination; and the most suitable culmination to a long, successful career dedicated to improving the field of

medicine. I could not let all of that go to waste. Our aim now is to keep the University afloat and to ensure that it goes from strength to strength. Our faculty has been instrumental to our success and are in fact, our greatest asset, so much so that I refer to them as the pillars of the University. It is led by a great vision and spurred by the zeal to improve. Following the establishment of the Post-Graduate Department on the Dental side, we plan on introducing the same for the Medical section. In addition, I dream of running a completely free of charge hospital. And like all dreams watered with hard work and nurtured with determination, I believe this too, will become a reality, INSHALLAH.

Mrs. Roeeeda Kabir  
Chancellor Gandhara University

Starting off as a small medical college, Gandhara had only one towering forte – its faculty! Led by a team of professionals in the field of Medicine, Dentistry Pharmacy and Nursing, the renowned health experts were also par excellence in the blessed field of teaching. Coupled with that, administrative giants were also keen on bringing the

University on the map of Pakistan, to say the least. And it is that particular zeal which shows itself in Gandhara University's name – an ancient civilisation which is still recognised for its love of knowledge and culture. As Gandhara Civilisation's name lives on, so we pray, does Gandhara University's! Ameen!

In 1996, Dr. Mohammad Kabir decided to set up a medical college. He was fortunate to gain help for his dream from eminent Professors from the Khyber Medical College. They all planned it side by side. After two years full of deliberation, in 1998, they moved the case for gaining permission from the Higher Education Commission. Following the (technical) permission, the case was floated in the Provincial Assembly. Strangely it took time but finally in 2002, permission was granted for establishing the university. The charter for private sector universities came late in Pakistan, in spite of that, our development is certainly going well. Medical was and still is the core discipline and due to the very reason of being the foundation subject, it is very strong at Gandhara.

God bless you all.

Dr. R. A. Khan Tahirkheli,  
Vice Chancellor

**New sessions from 1st October have commenced for**

**MBBS (5 years)**  
Kabir Medical College

**BDS (4 years)**  
Sardar Begum Dental College

**MDS (4 years)**  
**M.Phil (2 years) and**  
**Msc (2 years)**  
Department of Postgraduate Dental Sciences,  
Sardar Begum Dental College.

**Pharm-D (5 years)**  
Gandhara College of Pharmacy.

**Bsc. Hons. (4 years)**  
Medical Laboratory Technology – Wazir  
Muhammad Institute of Paramedical  
Technology.

**MPH (2 years)**  
Kabir Institute of Public Health.

**M. Phil Courses in Basic Medical Sciences**

A series of meetings were held to discuss the feasibility of M.Phil Courses in Anatomy, Physiology, Bio Chemistry and Pathology at Kabir Medical College. The courses are expected to commence soon after necessary approval by the PM&DC.

**Send Us More!**

*This is the last month for sending in your poems, articles, drawings – and only the best photos (not your worst - please). The Annual Magazine for 2013 is all geared up to celebrate 10 years of Gandhara University and your contribution will only stamp it further, showing your affection. Nurture the artistic doctor inside of you and churn out more emotions!*



Surgeon Muhammad Kabir Chairing a General Body Meeting, November 1999.

**Khatm-e-Quran**

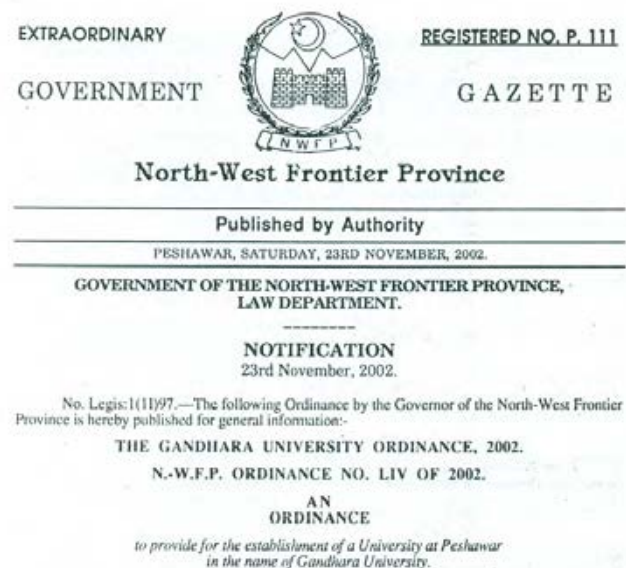
Celebrating 10 years of Gandhara University, a Khatm e Quran was held on the 22nd of November with dua. The ten years are



to be celebrated with an austerity and positivity befitting Gandhara's calibre and will continue till April 2013. The celebrations have officially started on the same date (November 23rd) as that of the University's (approval) Charter by the Govt. of Pakistan.



Foundation Stone Laying Ceremony of Kabir Medical College (New University Campus), January 2005



Government notification for Establishment of Gandhara University Peshawar.

**Join us to bring further shine to the star that is Gandhara**

The Khatm e Quran was followed by the official cake cutting celebrating the sweet existence of Gandhara University. Both the Chancellor and Vice Chancellor of Gandhara University cut the cake. All those present prayed for the University and for the



departed soul of the founder – Surgeon Dr. Mohammad Kabir.



**TOACS-style Mock Exam**



Realising the need for preparation of Intermediate Module examination at CPSP, the Department of Orthodontics at Sardar Begum Dental College, organized a TOACS-style mock examination for 1st and 2nd year residents on 26th June. TOACS is an acronym for Task Oriented Assessment of Clinical Skills. The examination comprises of numerous short duration stations where the students are tested for various clinical skills, knowledge and attitude in an objective fashion. This is the first time that the TOACS has been adopted for dentistry and due to popular demand, it is certainly not the last. The event was supervised by department head Dr. Imran Tajik.

**The Gandhara Board of Governors meet**

The 10th meeting of Board of Governors, Gandhara University Peshawar was held on the 14th July 2012 in the Board Room of the University. The Vice Chancellor presided over the meeting. The Board discussed various issues of importance. It also showed satisfaction regarding matters and initiatives taken for the University's progress.

**First Ocular Prosthesis**

A 58 yr old Afghan male arrived in the Prosthetics ward of the Department in Sardar Begum Dental Hospital direly in need of ocular prosthesis. Having lost one eye due to a severe infection at age 10, the patient was willing to undergo the needed procedures to be fitted with a new eyeball. Dr. Nasir Ali Shah, Head of Prosthetics Dept along with his post graduate students successfully performed the insertion of the artificial eye. The team took an impression, made a mould, waxing, positioning the iris, painting and after a series of procedures a prosthetic eye was prepared. As seen in the picture Khan is a new man, thanks to Dr. Shah and his dedicated team.



**Orthognathic Treatment**

The Orthodontics Department of Sardar Begum Dental College recently organised a joint meeting of orthodontists and maxillofacial surgeons to discuss the planning for Orthognathic treatment sessions. Consultant and maxillofacial surgeon at Rehman Medical Institute, Peshawar, Dr.Zubair Durrani, was the guest speaker on the occasion. The meeting was organised for the residents of Department of Orthodontics and Department of Oral and Maxillofacial Surgery, under the supervision of Dr. Imran Tajik, Head of Orthodontics Department SBDC. Orthodontic residents presented their surgical orthodontic cases followed by treatment planning discussions.



Dr. Zubair and the surgical team highlighted the current trends in Orthognathic surgery, facial aesthetics, distraction Osteogenesis, autogenous grafts and rigid fixation while orthodontists focused on efficient and effective pre and post surgical management of the orthognathic patients. The event was highly appreciated by the residents and faculty alike and all agreed that the future should hold more of such joint meetings on a regular basis.

**Students Societies**

Culture is a part of our life. We live and breathe the very life given to us by Allah. To build our endurance, both physically and emotionally; to ingrain patience, to induce peace and to learn how to do good, leads to being nearer to our Maker and ultimately to a better here and hereafter. Started four years ago under the directorship of Dr. Ismail Qamar (Director Literary & Social Affairs), every year Gandhara University puts forward the best talents to lead others in three spheres. The students are tested against some selection criteria and are interviewed for being chosen as the leaders.

**LITERARY SOCIETY-2013**

The Literary Society keeps the artistic flame burning inside all of us. Students can choose from a variety of events held to cater to their inborn talent. Starting from Qira'at and Naat Competitions, Debates are held in three languages, Calendar exhibition, stage plays, photography and Art & poster contests, the list goes on to include dedicating sometimes a whole week or a specific number of days to cultural events such as celebrating the heritage of the Peshawar Old City. **Newly selected members are:**  
Mr. Sajid ur Rehman (Literary Secretary)  
Miss Nazma Saleem (Chief Editor English Sec)  
Miss Fatima Bibi (Chief Editor Urdu Sec)  
Mr. Waleed Babar (Chief Editor Pushto Sec)  
Mr. Sameed Qureshi (Chief Editor Activities)  
Mr. Ghazan Bashir (Chief Editor Photography)  
Miss Aymen Tarif (Chief Editor Medical Sec)  
Miss Hadia Manzoor (Secretary Painting Club)  
Miss Salma Jee (Secretary Debating Society)

**SPORTS SOCIETY -2013**

The Sports Society is entrusted with the hefty task of keeping the University agile, nimble and flexible. While cricket forms the backbone of our country, at Gandhara it is played alongwith other games such as netball, table tennis, football, badminton, tug of war and musical chairs. The motto of the Sports Society is based on the fact that if you can form a team to play any sport then we are all game to it. **Newly selected members are:**  
Mr. Mansoor Ayub (Sports Secretary)  
Mr. Muhammad Kamal (Co-Sports Secretary)

**CHARACTER BUILDING SOCIETY -2013**

The Character Building Society has a tenacious task set out for them: that is to further build and polish a person's character and on top of such an ungracious task it is further burdened by the fact that it has to be done subtly. Objectives of the society are multi-fold. **Newly selected members are:**  
Mr. Syed Jamal Nasir (President)  
Mr. Jehanzeb Akbar Khan (Vice President)  
Miss Salma (Vice President)  
Miss Shiren Zeb (General Secretary)

### Kabir Institute of Public Health

KIPH is one of the youngest institutes of Gandhara University. The MPH program at KIPH is steered towards providing teaching, research and service programs to train doctors in how to address public health needs. Competent, committed and skilled public health professionals, dedicated towards discovering and disseminating new knowledge in the field of public health are our forte. KIPH aspires to become a regional centre in Public Health training, policy formulation and applied research that is nationally and internationally accepted. The Gandhara University awards MPH degree to its students, who have successfully completed 2 years of the degree requirements.

### Thesis Defense for Master in Public Health

The first batch of post graduate students of MPH at Kabir Institute of Public Health, got to undergo the trials of thesis defense on the 16th of July. Being the first batch, the students got a taste of a prerequisite for the attainment of their degree, which is defending their thesis in front of a panel of judges and other post graduates. The panel of judges included Prof. Shamim Akhtar, Prof. Bushra Iftikhar, Dr. Hamid Hussain with Professor Nuzhat Huma Dean KIPH as Internal Examiner. Having a sigh of relief, the anxious students were afterwards seen happy and relaxed having gone through the grueling questions and answers session. The following students defended their theses successfully:

- Dr. Sofia Kabir
- Dr. Farhana Jabeen Shah
- Dr. Zainad Shafiq
- Dr. Asim Masood
- Dr. Saira Jabeen Shah
- Dr. Mustafa Kamal

Congratulations to all!

## Pak-Japan Speech & Art Competition



The Embassy of Japan in Pakistan and Pakistan Japan Cultural Association, Khyber Pakhtoonkhawa arranged a painting and speech competition amongst school children at Kabir Auditorium Gandhara University Peshawar. The Art and Speech competition is a regular feature of the cultural activities arranged by the Embassy of Japan to

introduce the Japanese culture and traditions among the youth of Pakistan. This year, the event marked the 60th anniversary of diplomatic relations between Pakistan and Japan. Mr



Zubair Ali, Vice President, Federation of Pakistan Chamber of Commerce and Industries was the chief guest.

In the art competition,



two children from a total of 26 schools were invited to draw paintings on the themes of their own choice related both countries. Similarly, students from various schools competed in the Urdu Speech Competition on various topics related to Japan. The panel of judges for the art and speech competitions comprised of Mrs. Bushra Farrukh and Mr Jehanzeb Malik.

## Changing Paradigm in Endodontic Treatment

A complete workshop with hands-on training for a more efficient approach towards endodontic treatment was held on Dec 29-30. Guest Speaker Dr. Nasir Saleem from the Institute of Dentistry, CMH Lahore Medical College led the workshop alongside Dr. Shafqat Ali Shah, Assistant Professor (Operative Dentistry) at Sardar Begum Dental College. Through the hands-on part of the programme, the new version of the most popular endodontic Rotary Nickel Titanium System in the world was introduced to the participants. The files are used specifically for the Root Canal Treatment. Considerably new in Pakistan, the treatment is extremely beneficial to both patients and doctors

alike due to its better durability and safer approach. The Chief Guest on the occasion was Dr. Mumtaz Ahmad, Principal, Kabir Medical College. The Principal while lauding the value of the new trend in Root Canal Treatments also laid stress on the urgent need for reducing the cost of RCTs so that common man can also utilise its benefits. Certificates were



distributed among the participants by Peshawar's illustrious dental practitioner Dr. Jan.



## We Look Forward To...

### Time to hit the Gym

The Sports Gala for the year 2013 will start in the 2nd week of Feb 2013. For the purpose of more space and better action, the grounds of BISE Peshawar have been requested for the said purpose. Take out those joggers and hit the tracks for practise.

### Get the Grey Cells Working

Right after all that physical action, the Literary Week will start in the last week of Feb 2013. To get the creative souls to come forward, the week will start off with dua and an Inter College Qirrat and Naat Competitions. Tailored to meet your talents the week will be full of debates, painting,



photography, drama poetry and quiz contests. If you think you have it, then you must flaunt it.

### Learning is an Art by Itself

Scientific seminar, eminent dental surgeons, physicians. They will present their research papers. State of the art lectures. Full day activity. Academic activity. Avail the opportunity to learn from a senior Professor's lifelong experiences in the sciences of Medicine and Dentistry in a one day Seminar. Multinational consumer products company is going to

sponsor the seminar and a display of sponsored stalls will also mark the event. Highlight it on your calendar as it will be held in March 2013.

### A Day Full of Inspiration

The students Annual Magazine is to be launched on 16 March 2013. After the successful launch of 2012, another day full of interesting bits is around the corner. The launching ceremony would be followed by awards/medal



distribution amongst the distinction-holders. Put on and put in your best everyone, especially if you want to share the stage with the ones with laurels.

### Scenic Japan

Following the annual trend, Gandhara University is all set once again to hold a Japanese Calendar



Exhibition on the 7th and 8th of February 2012. To be held by the Pak-Japan Cultural Association at the Gandhara University campus, the joint ventures with the Association have gained considerable popularity amongst the academic circles. Many eagerly look forward to

these events as they are always linked to the Arts and all that is eloquent and beautiful. The University is proud to be synonymic with culture and beauty!

### For the Pitt-Jolie in you!



Bring on the holly-bolly-lollywood or nudge the artist in yourself and make a thought provoking documentary – the movie and drama day is nearing fast. To be held on February 28 2013, students' participation is going to be weighty, as the youth of today is teeming with imagination and brimming with means of sharing it. It is all for the soul-searching within.

### Celebrating the joys of Learning

Gandhara University rejoices along with its graduates in their convocation ceremony. To be held on April 13 2013, the MBBS, BDS and MPH graduates shall be awarded their degrees amidst proud teachers and even prouder parents. This is going to be your day, dear students and we all want to wish you only the best of everything in this world.



## Wazir Muhammad Paramedical Institute of Technology

provides standard technical education in various categories of Paramedics. One of the major reasons for being unable to provide efficient and effective health care to the communities has been a deficiency of an adequate quantity and quality of human resource at all levels. Alongside Doctors and Nurses, Paramedics are an important cadre of health care providers. Gandhara University is well aware of the importance of this cadre and their constraints and issues. Offering an undergraduate course in paramedical technology, the Institute is committed to produce health workers and technicians of high competence, who can effectively assist the Medical professionals thus increasing the skilled manpower in the country. The curriculum conforms to the requirements of Medical faculty of Khyber Pakhtunkhwa.

## Farkhanda Institute of Nursing

is a charity institute, supported by Gandhara University. It is recognised by the Pakistan Nursing Council and Board of Nursing Examination NWFP. Farkhanda Institute of Nursing and Public Health provides Nursing and LHV diploma courses extended over a period of three and two years respectively. Students having a minimum qualification of Higher Secondary School Certificate (Pre-Medical) or equivalent, are supported financially throughout their course and given education at the same time. Following their graduation the nurses are welcomed by hospitals which are desperately in need of good nursing staff.

## Share Your Research Publications

It is a fact that there can be no increase in knowledge without research. Both space and earth can only be valued more by man, if one gets to understand what Allah has bestowed us with. We might know the existence of a thousand medicines to cure millions of illnesses but maybe a well-researched medicine can be evolved which annuls the effects of others. Some say development of a nation is dependent on encouraging research and many believe it to be true. Through research the economic cost of illnesses can be decreased, a cure for multiple diseases can be suggested. Ultimately research can enhance the value of life while the social benefits thrive as well.

Belief in research is what fosters the passion steering Gandhara University faculty and graduates alike. To keep readers updated and to invoke further love for research, every newsletter henceforth shall share the latest publications by Gandhara faculty as they strive to seek out the truth.

## Research Publications for Jan-Dec 2012

### Articles

**Haroon Khan, Muhammad Saeed, Naveed Muhammad,**  
"Pharmacological and phytochemical updates of Polygonatum: a review"

**Amjid Naseer, Tahir Ali Khan and Babar Ahad**

"The Shear Bond Strength of Glass Ionomer Root Canal Sealer to Elephant Tusk Dentine Conditioned with Common Endodontic Irrigants"

**Syed Imran Gilani, Farzeen Tanwir, Saira Afridi**

"Oral Health Assessment and Barriers to seek care in Internally Displaced Persons from Bajaur Agency, Pakistan"

### Books

**Haroon Khan, Naveed Muhammad, Muhammad Saeed**

Medicinal plants as useful therapeutic modality

**Haroon Khan**

Updates on Colchicum luteum Baker

## Let's Meet Gandhara College of Pharmacy

Pharmacy is a science as old as man himself. Prehistoric man would grind herbs and roots to apply on the wound inflicted by a wild animal. How come he knew about the cure when there existed no such science as Pharmacy? It is because he had dabbled and experimented. That experimentation had helped him in finding a cure.

Gandhara University laid its foundation with the most basic of sciences - medicine and then moved on to include dentistry. Gradually its cloak of recognition has spread onto the shoulders of the



mother of medical sciences - Pharmacy. The foundation of Gandhara College of Pharmacy was laid in 2010 when the need for quality pharmaceutical teaching and consequently better informed graduates became overbearing. It has started out as a small college catering to about 50 students and considering the enrolment sheet, it is fast gaining popularity amongst young students. Dr. Haroon Khan, the principal of Gandhara



College of Pharmacy, is not averse to the prestige the field of pharmacy can bring. Recently he was conferred recognition by the Pakistan Science Foundation through inclusion of his name in the merit list of approved scientists/engineers (Gandhara News, Jan-June 2012). This distinction is awarded to scientists with the highest number of published research articles. Asking Dr. Haroon to explain Pharmacy to a layperson, he says "it is a science related to raw material preparation, distribution, storage, marketing, and finally what it does when given to the patient". Pharmacy has numerous smaller branches but in Pakistan there exists hospital pharmacy, retail pharmacy and teaching pharmacy. "Every field is a skill, every field has a utility, regarding the medical field, how would it exist without drugs? There is still a lot of scope for pharmacy, in our country pharmaceuticals are thriving but clinical pharmacy is desperately lagging behind", says Dr.

Khan. On the other hand, academic research in pharmacy is doing wonders. Though still in its infancy, four faculty members at the College have doctorate degrees while four more are about to embark on Doctorate studies. Gradually the college is steering towards starting a postdoctorate program as well.

On being asked how students could be made to regard pharmacy not as the option which is only taken up when medical and dentistry are no longer possible dreams for them, Dr. Haroon was all smiles. "It should start with the parents! If they themselves understand the importance of all other fields other than the two mentioned and if they encourage their children to think out of the box, then anything is possible". Further academic research as well as regularly updated laboratories and offering of scholarships would certainly lead to further acknowledgement for the institute and that is what the College aims to achieve in the long run.

## Dental Check-up

A full working week from 8-12 October 2012, was dedicated to school visits by Dr. Tahir Ali Khan (Vice Principal SBDC) and his team of house officers and students. It was a rare opportunity for many kids to get a free dental check-

up with prescriptions and advice written down in the company provided history forms, a copy of which is meant to be shared with the parents. Sponsored by a multinational, dental kits containing

toothpastes were also distributed to the delight of many. The school visits were meant to raise awareness amongst children regarding personal dental hygiene and how to maintain it.



## World Oral Health Day

Sardar Begum Dental Hospital joined the rest of the medical world by celebrating the World Oral Health Day on the 12th of Sep. 2012 in its OPD ward. SBDH has always taken oral health seriously and

leaves no stone unturned in spreading awareness about oral health and hygiene. To make people more aware of what is happening inside their oral cavities; free dental check-ups were performed

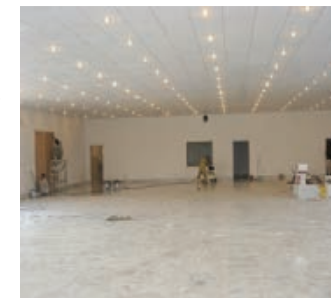


on all arriving patients. Patients were also given free oral hygiene kits as donated by multinational company, as well as related advice. House officers and other students enthusiastically participated in the activity and meanwhile gained a lot through guidance by their teachers.

## A New Hall for Gandharians

Gandhara University is proud to let you have a sneak peek at its new hall in the final stages of construction. Conceived by Engineer Zahid Arif, it is dedicated to the memory of his beloved brother Dr. Mohammad Kabir. It is a strong testament to his brotherly love, beset on the top floor of the University's main building; with a

beautiful view of the whole campus. It has a seating capacity of 1000 heads,



new age sound and lighting system, an adjustable staging arrangement and separate washrooms - the marble floors spank white amidst it all. Engineer Arif was the brains behind the construction of the whole Gandhara University, custom made to accommodate the students and faculty needs.

## Dear Editor,

I was one of the many who enjoyed their life to the fullest and I had no intentions of ending that! Being the youngest member of my family I usually got things my way but when it came to my future my parents became adamant on making me a dentist whereas I wanted to become an architect. I loved drawing and I wasn't all that bad in Maths. It all added up and made picking a career easier for me, but my parents just kept on feeding me little ideas about how great dentistry would be.

As I walked in I didn't realize what a big change I was up against. Every teacher scared us - telling us off, correcting us, saying we should now act more mature. They scared the living daylight out of me and I never wanted to set foot in this university again.

Then, slowly and gradually I made friends, realized that the teachers aren't actually as scary as they portray themselves to be and gradually each day seemed to get better infact every day would turn out different! We got scolded for being noisy but also got praised for being involved in the extra-curricular activities.

Just as every day was different the years were poles apart too. The first year was a little difficult to understand. I would get lost looking for classrooms. I had no idea why we had to make practical copies. I did not understand the concept of drawing lines on the sides of our test papers. Somehow giving large headings managed to bring in more marks! We had frequent tests and they tried to keep us in a frightened state so that we would study. As we approached second year we started enjoying classes more (since we understood more). Ward visits also made us seem slightly superior. We felt like we were actually becoming dentists. In the third year we were over the moon. We were actually doing scaling, injecting local anesthesia and making dentures for our patients! It was like we were half way there!

Now that I am in my final year I realize I made the right decision and did right by listening to my parents. I don't regret entering this profession. I feel mighty high when I extract a tooth. I feel bright when I can point out nasion and porion during Cephal analysis. I feel accomplished when I put in a perfect filling and lastly but not the least, I reach cloud nine after seeing my patient smile so widely after wearing a denture I made for him. All of these give me great satisfaction, as I am, in one way or another helping out in beautifying their smiles.

**Rahema Aman**  
Final year, BDS