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CMH LAHORE MEDICAL COLLEGE MARKS ORAL HEALTH DAY

CMH Lahore Medical College and Institute of Dentistry marked this year's World Oral Health Day.

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HITEC-IMS TAXILA HOSTS WORKSHOP ON ASSESSMENT BLUEPRINTS

Dental College HITEC-IMS Taxila recently hosted a workshop titled "Developing the Assessment Blueprint".

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FJDC MARKS 18TH WHITE COAT CEREMONY FOR 32ND BDS BATCH

Fatima Jinnah Dental College held its 18th White Coat ceremony, a tradition marking the beginning of the academic journey.

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UoL oral cancer moot calls for proactive steps to fight disease



A group photo of participants with speakers, featuring Dr Ehsan-ul-Haq, Prof. Moghees A. Baig, Dr Wajiha Alamgir, Prof. Muhammad Ashraf (Rector of UOL), and Dr Arooj-ul-Hassan, who coordinated the symposium, also seen in the picture. —Photo: DT Pakistan

LAHORE: Amid alarming rates of oral cancer cases in Pakistan among South Asian countries - reporting 185,748 new cases and 118,631 deaths, with 390,443 prevalent cases over five years - the University College of Dentistry (UCD) at the University of Lahore (UOL) recently held a seminar to raise awareness, stress early detection, and preventive strategies to address the issue in the country.

The event which marks April as Oral Cancer Awareness Month was addressed by keynote speakers including Dr Ehsan-ul-Haq, Professor at the Oral and Maxillofacial Surgery Department, King Edward Medical University (KEMU); Prof. Moghees A. Baig, Dean of the University College of Medicine & Dentistry (UCMD) and Principal of UCD; and Dr Wajiha Alamgir, Associate Professor and Head of the Department of Oral Pathology. Prof. Muhammad Ashraf, Rector of UOL, was the chief guest, and Dr Arooj-ul-Hassan, Associate Professor and Head of the Department of Community and Preventive Dentistry, coordinated the symposium.

Addressing the seminar, Dr Ashraf stated, "As a top-notch institution of learning, it is our duty and obligation to contribute to the fight against it. Through education, research, and advocacy, we can make a tangible difference in the prevention, early detection, and treatment of oral cancer."

Dr Alamgir highlighted the global and local statistics on oral cancer, focusing on Pakistan's alarming figures. She emphasized the importance of recognizing oral pre-malignant lesions (OPML), such as leukoplakia, erythroplakia, oral submucous fibrosis (OSF), oral lichen planus (OLP), and Fanconi anemia. She also discussed how factors like UV rays and Human Papillomavirus (HPV) contribute to OPML development and called for campaigns like "Be Mouthware" to educate the public about mouth cancer risks and early signs.

Dr Baig stressed the need for early detection of oral cancer, underscoring the importance of recognizing pre-cancerous lesions and the carcinogens that can trigger malignant growths. He described early clinical signs such as ulceration, exophytic growth, and paraesthesia, and stressed the importance of

prompt action. Dr Baig also outlined common oral cancer sites and the progression of the disease, calling for vigilant screening techniques like biopsies and cytology to catch cancer early.

Dr Ehsan-ul-Haq discussed the surge in oral cancer cases, noting the shocking 150 daily patient reports. He emphasized the necessity of awareness and prevention, showcasing advanced techniques like the Hemiscrotal flap through clinical cases. He urged public education and regular screenings as preventive measures.

Besides, UOL also launched a pathology logbook specifically designed for oral and maxillofacial pathology during the seminar. This innovative clinical applied logbook aims to bridge the gap between theoretical knowledge and practical skills, revolutionizing undergraduate training for BDS students. By immersing students in patient scenarios rather than relying solely on textbooks, this logbook seeks to enhance clinical practice skills. The seminar concluded with an oral cancer awareness walk, reiterating the pledge to combating this health hazard. —PR

FJDH hosts Basic Life Support Workshop for HOs



Participants engaged in a Basic Life Support (BLS) workshop. —Photo: DT Pakistan

KARACHI: Fatima Jinnah Dental Hospital (FJDH) recently held a Basic Life Support (BLS) Workshop, for house officers (HOs) as a part of their mandatory training, led by Certified Trainer Dr Azam Aliuddin (B.D.S, FCPS — Operative Dentistry), to equip participants with life-saving skills for managing emergency situations, particularly cardiac arrests and choking incidents involving adults and infants.

Over the week-long workshop, the participants received comprehensive training on emergency protocols, covering the proper usage of Automated External Defibrillators (AEDs), Bag Valve Mask, CPR techniques, mouth-to-mouth resuscitation, Heimlich maneuvers, and strategies for managing airway

obstructions in infants and toddlers. The hands-on approach ensured individualized attention and practical experience, culminating in an examination and certification in Basic Life Support. Understanding BLS protocols is crucial, as every second counts in emergency situations. Equipping HOs with these essential skills not only enhances their value within the hospital setting but also positions them as potential lifesavers in their communities.

Furthermore, BLS emphasizes shared responsibility in healthcare. While medical professionals play a critical role, bystander intervention often serves as the first line of defense in emergencies. By disseminating BLS knowledge among HOs, the workshop promoted a culture

of collaboration and collective action, ensuring everyone is equipped to respond effectively in crises.

Through the workshop, the HOs have the opportunity to extend their impact and save lives in various settings, other than hospitals. Whether administering CPR at public events, responding to emergencies in their neighborhoods, or educating others on BLS techniques, their training empowers them to be agents of change in their communities. In essence, the BLS workshop not only imparts critical life-saving skills, but also teaches responsibility, collaboration, and empowerment to the HOs, making them frontline responders in emergencies, both within and beyond the healthcare settings. —PR

BUDC hosts innovative art exhibition

KARACHI: The Bahria University Dental College (BUHS) Department of Prosthodontics recently organized an innovative art exhibition, showcasing the creative use of soft plaster and modeling wax by second-year BDS students, who were divided into ten groups.

The event aimed to encourage creativity, innovation, and manual dexterity in dental art, thereby preparing students for their clinical years and boosting their confidence in handling these materials independently.

The judges for the event included Dr Arsalan Khalid, Head of the Department of Oral Medicine, and Dr Akbar Abbas Zaidi, Professor in the

Department of Dental Education, both from BUHS.

The event organized by Dr Anum Baqar, Senior Lecturer in Prosthodontics, featuring remarkable art sculptures, was open to all dental faculty and students.

Prof. Kashif Naqvi, Principal of BUHS Dental College, was the chief guest, who awarded certificates to the groups for their innovative approaches.

The principal appreciated the students' efforts and encouraged them to continue organizing such activities. He said these events help explore and nurture the artistic skills of undergraduate students, alongside their academic studies. —PR

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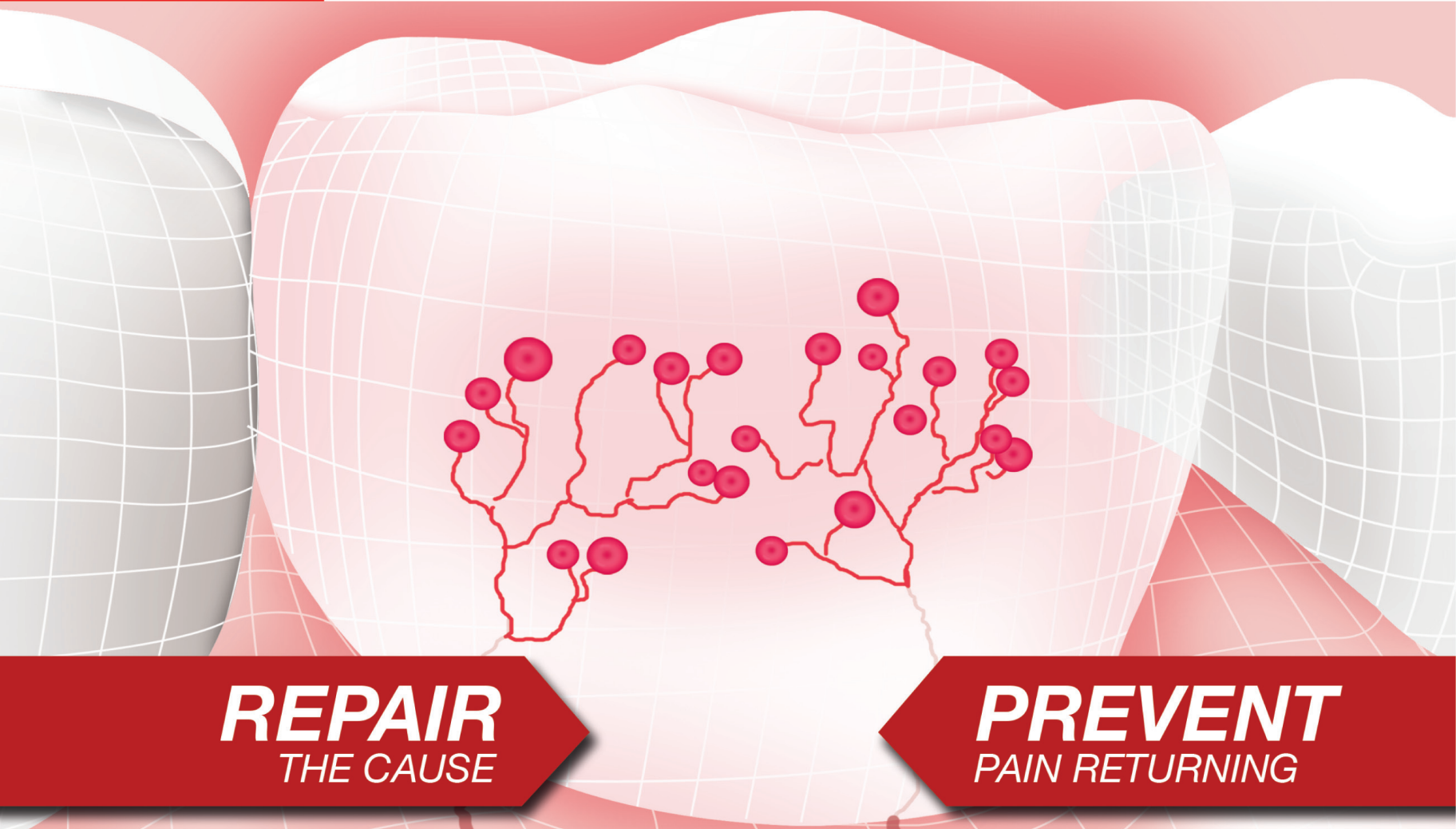
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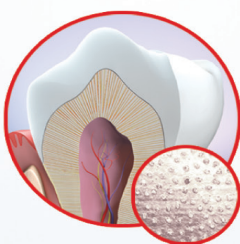
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TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

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Acid-resistant occluding layer ⁶	✓		
Relieves the pain of sensitive teeth [†]	✓		
Inhibits Plaque and Calculus Buildup	✓	✓	



[†] With continued use. Also fights cavities.
[¥] vs. toothpastes with 5% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.
 Reference: 1. Li Y et al. J Clin Dent. 2011; 22(Spec Iss):113-120. 2. Nishio S et al. J Clin Dent. 2009; 20(Spec Iss):223-230.
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IADSR workshop on periodontal disease management

LAHORE: A two-day workshop on the 'Comprehensive Management of Periodontal Disease' was recently organized by the Institute of Advanced Dental Sciences and Research (IADSR) as part of the 16th Professional Diploma in Advanced General Dentistry (PDAGD) offered by the institute.

Conducting the workshop, Dr Muhammad Haseeb, Head of the Department of Periodontology at the University of Lahore, provided participants with insights into recognizing periodontal disease, its signs and symptoms, and shed light on both surgical and non-surgical management techniques in dental practice.

During the workshop, Dr Haseeb demonstrated the accurate and effective use of periodontal surgical instruments.

Key topics covered during the workshop included regenerative therapy, guided tissue regeneration, bone grafting procedures, gingivectomy, crown lengthening, splinting, and periodontal flap therapies.

He also stressed the importance of patient education regarding the disease and the development of comprehensive treatment plans post-diagnosis.

The workshop participants engaged in practical sessions, diagnosing and designing comprehensive treatment plans for various cases. They performed surgical procedures on goat heads and phantom heads, making the learning experience highly interactive and hands-on.

Two different case studies were presented to participants, to disseminate new knowledge and address problems encountered in clinical practice.

Dr Haseeb addressed the queries raised during the case study discussions, leading to an in-depth and enthusiastic exchange that helped clear doubts and misconceptions among practitioners.

The workshop was well-received, with attendees praising the detailed instruction and the opportunity for practical application. The interactive nature of the sessions and the expert guidance provided by Dr Haseeb made the workshop a resounding success. —PR

CMH Lahore Medical College marks Oral Health Day



Professors Muhammad Nasir Saleem, Fahad Dogar, and Faisal Izhar, along with Dr Asma Shakoor, standing alongside faculty and team members. —Photo: DT Pakistan

LAHORE: CMH Lahore Medical College and Institute of Dentistry marked this year's World Oral Health Day with the theme, "A happy mouth is a happy body" to highlight the connection between oral health and overall well-being.

Led by Dr Asma Shakoor, Head of the Department of Community and Preventive Dentistry, and supported by Dr Ali Anwaar, Dr Nimra Fatima, and Dr Ehtisham Ul Haq, the event was held at the Afzaal Auditorium of college.

The host emphasized the importance of the Oral Health Day theme, "A happy

mouth is a happy body," and underscored the role of oral health in maintaining overall well-being.

The keynote address was delivered by Chief Guest Prof. Ayyaz Ali Khan, who shared his inspiring journey from humble beginnings to global recognition.

First-year BDS students actively participated in a video competition, presenting various videos that underscored the theme's significance. Position holders were awarded certificates and cash prizes, while all participants received certificates in appreciation of their efforts.

A panel discussion, led by Prof. Muhammad Nasir Saleem, Prof. Fahad Dogar, Prof. Faisal Izhar, Dr Asma Shakoor, and Chief Guest Prof. Ayyaz Ali Khan, provided valuable insights into oral health challenges and opportunities.

In his closing remarks, Maj Gen Prof. Salman Saleem, HI (M) (Retd), Principal of CMH Lahore Medical College and Institute of Dentistry, alongside Dean IOD Prof. Samir Riaz Qazi, expressed satisfaction with the event's organization and praised the department and participants for their dedication to raising awareness about oral health. —PR

AIDM hosts 3D Shade Matching workshop

KARACHI: The Prosthodontics Department at the Altamash Institute of Dental Medicine (AIDM) recently organized a comprehensive workshop on "3D shade matching". The event aimed to refine the students' ability to accurately match shades in dental prosthetics, a crucial skill in the field of dentistry.

The workshop led by Prof. Naseer Ahmed and Dr Wajiha Zia, an FCPS resident, the workshop delved into advanced techniques and methodologies in 3D shade matching.

Through hands-on demonstrations and interactive sessions, students were equipped with the latest tools and insights to enhance their proficiency in this specialized area.

The success of the workshop was significantly bolstered by the dedicated efforts of a collaborative team. Dr Shuja Adil, Dr Hudal Adil, Dr Ayesha Anis, and Dr Ibrahim Dars, all integral members of the co-facilitation team, provided invaluable support throughout the event, ensuring its

smooth execution and maximum impact.

By fostering a conducive learning environment and offering practical guidance, the workshop not only broadened the students' knowledge base but also instilled confidence in their clinical abilities. With the guidance of experienced professionals and access to cutting-edge resources, the participants are now better poised to excel in their future endeavors within the realm of dentistry. —PR



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Two-day workshop on ‘Endodontics’ held at IADSR



Participants learned various diagnostic tests essential for endodontic examinations from Professor Aziz during the 6th Professional Diploma in Advanced General Dentistry (PDAGD) workshop. –Photo: DT Pakistan

LAHORE: The Institute of Advanced Dental Sciences and Research (IADSR) recently hosted a comprehensive two-day workshop on “Endodontics” as part of its 16th Professional Diploma in Advanced General Dentistry (PDAGD).

Facilitated by Prof. Salman Aziz, the workshop began with an in-depth exploration of manual endodontics in the first module.

Prof. Aziz demonstrated various diagnostic tests essential for endodontic examinations. The second module focused on access cavity preparation, where participants learned the

principles and objectives, along with the step-by-step process, of access cavity preparation.

During the workshop, the participants constructed pre-endodontic build-ups on the provided teeth, restored proximal ridges, and performed access openings.

In the subsequent module, they informed about the dimensions and types of burs used in endodontic procedures, besides the technique to recognize these burs and determine the working length of the tooth. Practical sessions included performing initial filling and endodontic

procedures using manual ProTaper files. Prof. Aziz then introduced Rotary Endodontics, explaining its principles and demonstrating all steps involved in the procedure. The participants had hands-on experience performing endodontic therapy on a given tooth using the ProTaper universal rotary system. Throughout the workshop, Dr Salman provided solutions to complications encountered by participants during the procedures.

The interactive workshop enhanced the participants’ proficiency in endodontic techniques. –PR

Pre-conference workshop on advanced CBCT technology

TAXILA, RAWALPINDI: A full-day pre-conference workshop was recently organized by the Department of Oral & Maxillofacial Surgery (OMFS) at Dental College HITEC IMS in Taxila Cantt, as part of the 1st KCD International Dental Conference to train the participants in handling CBCT software, diagnosing, and planning dental implants and endodontic cases using the advanced technology.

The event drew a total of 23 participants, including house officers, general dentists, and postgraduate trainees. The workshop commenced with the recitation of the Holy Quran, followed by the opening address by Prof. Irfan Shah, Principal of Dental College HITEC IMS.

Scientific sessions included



Group photograph of workshop participants with Professor Dr Irfan Shah and Professor Dr Saima Azam during the CBCT workshop. –Photo: DT Pakistan

“Traditional Implant Planning” led by Prof. Irfan Shah and “CBCT Introduction and Interpretation” conducted by Dr Uzair Luqman, HOD OMFS at Islamic International Dental College.

An interactive session on the “Application of CBCT in Endodontics” was facilitated by Prof. Saima Azam, HOD Operative Dentistry at Islamabad Medical and Dental College. Participants

engaged in hands-on practice of CBCT interpretation, dental implant planning, and placement using CBCT software, under the guidance of Dr Uzair Luqman, Dr Maimoona Siddiq (HOD OMFS at Dental College HITEC IMS), Dr Fatima Khattak (Assistant Professor-OMFS at Dental College HITEC IMS), and Dr Sadia Moin (Senior Registrar OMFS at Dental College HITEC IMS).

The workshop concluded with a session, where participants were divided into small groups to discuss traditional and CBCT-based dental implant case planning on real patients. Each participant received a certificate accredited by Khyber Medical University, entitling them to 6 credit points. –PR

HITEC-IMS Taxila hosts workshop on assessment blueprints



Participants learned various diagnostic tests essential for endodontic examinations from Professor Aziz during the 6th Professional Diploma in Advanced General Dentistry Workshop participants absorbing valuable insights from the presentation by Professor Shahreen Zahid Khan. —Photo: DT Pakistan

TAXILA: Dental College HITEC-IMS Taxila recently hosted a workshop titled "Developing the Assessment Blueprint," aimed at enhancing the skills of heads of departments (HODs) from various college departments.

The primary objective of the workshop conducted by Prof. Shahreen Zahid Khan, Dr Faizan Munir Khan, Dr Maimoona Saddiq, and Dr Zarlis Nawaz, was to equip HODs with the knowledge and skills necessary to design effective assessment blueprints which are essential for accurately measuring student learning outcomes.

The workshop participants gained a deeper understanding of the components of a well-designed assessment blueprint and the process of creating one.

The interactive session included in-depth

discussions on aligning assessments with learning objectives, determining appropriate assessment methods, and defining assessment criteria and weighting.

Through presentations, discussions, and hands-on exercises, the facilitators empowered HODs to develop and implement assessment blueprints within their respective departments.

This initiative is expected to lead to a more standardized and effective assessment system throughout Dental College HITEC-IMS Taxila.

The workshop proved to be a valuable learning experience for the participating HODs, aiming to contribute to a more comprehensive and rigorous assessment system, ensuring that students are evaluated fairly and effectively. —PR

Oral cancer awareness session at Bahria College Karsaz

KARACHI: An informative session was recently held at Bahria College Karsaz, where consultant oral surgeon Dr Hera Nadeem warned for the alarming prevalence of oral cancer in Pakistan. Addressing an audience comprising higher secondary and Cambridge section students and faculty members, Dr Hera stressed the need for increased awareness regarding the health hazards associated with betel nuts, smoking, and vape pens.

Dr Hera said that oral cancer is the second most prevalent cancer in the country and the most common cancer among males.

She noted that over three-quarters of diagnosed cases are habitual users of betel nuts, pan, gutka, and similar substances. Contributing factors also include smoking, poor oral hygiene, a strong family history of oral cancer, and malnutrition.

With vaping becoming increasingly popular among youngsters, Dr Hera discussed the broader health risks associated with smoking and vaping. She explained smoking's adverse effects on various organs, increasing the risks of cancers such as mouth, lung, colon, and pancreas, along with other health issues like heart attacks, strokes, and chronic lung diseases.

She also said that a smoker not only endangers their own life but also poses a significant risk to those around them, noting that passive smoking claims about 31,000 lives annually. Dr Hera warned of the harmful substances present in e-cigarettes, which pose risks of lung and heart diseases.

Concluding her address, Dr Hera encouraged students to adopt healthy habits, recognizing the crucial role of youth in shaping Pakistan's future. The session concluded with an engaging Q&A segment, where students posed questions to the speaker.

The medical officer at Bahria College thanked Dr Hera for her enlightening talk on behalf of the principal and teaching faculty. —PR

BUMDC model competition for BDS students

KARACHI: The Bahria University Medical and Dental College (BUMDC) Periodontology Department organized a model competition for BDS 3rd-year students.

The students were divided into five groups, each assigned a topic to create a model on furcation, supra and infrabony pockets, stages of gingivitis, stages of periodontitis, and periodontal ligaments.

Using materials such as thermocol, plaster of

Paris, sand, clay, and various other resources, the students showcased their creativity and artistic skills. Judges for the competition included Dr Madeeha Anwar, Professor of Oral Biology, and Dr Asim Monpori, Senior Registrar of Prosthodontics.

The display attracted a large number of dental students, along with senior and junior faculty members.

After the event, the judges announced the

winners and commended all participants for their efforts.

Prof Dr Kashif Naqvi, Principal of BUHSC-K, distributed certificates among the winning teams and the judges, congratulating the winners and encouraging all students.

Prof Dr Farzeen Tanwir, Head of the Periodontology Department, praised the hard work of both students and faculty in making the event a success. —PR

HITEC-IMS Taxila hosts workshops on research skills

TAXILA, RAWALPINDI: Dental College HITEC-IMS Taxila recently conducted a workshop titled "Literature Search and Systematic Reviews," designed to equip students with essential research capabilities in dentistry.

The workshop, led by the college Principal Gen Hamid Shafiq, Principal Dr Irfan Shah, and Major Azher, Director Admin & Operations, was held with support from both faculty and students.

During the workshop, the participants engaged in comprehensive discussions and practical exercises, learning effective literature search techniques and gaining insights into the critical methodology of systematic reviews. Building on this success, the college, in collaboration with the CME/CPD Committee, the research cell, and the student research society, recently organized another session titled "Literature Search, Research Question Development, and Systematic Reviews," for final-year MBBS and BDS students, to further enhance their research acumen.

Led by Prof. Shahreen Zahid Khan, the session was participated by students. Through interactive discussions and hands-on exercises, students were informed of the intricacies of literature searches and systematic reviews. Prof. Khan provided invaluable guidance in developing research



Group photograph of the CME/CPD Committee of Dental College HITEC-IMS Taxila alongside workshop participants. —Photo: DT Pakistan

questions, fostering collaboration among students, and cultivating a culture of inquiry.

Held in Lecture Hall 3, the workshop participants were equipped with the necessary tools and strategies to navigate search engines and databases effectively, enhancing their ability to contribute meaningfully to the field of dentistry. This initiative shows the college's commitment to

the promotion of a robust research culture. By imparting essential research skills and encouraging the spirit of inquiry, Dental College HITEC-IMS Taxila is paving the way for future advancements in dental and medical sciences, and nurturing the next generation of skilled researchers and practitioners for making impactful contributions to the healthcare sector. —PR

BUDC team conducts dental checkups, awareness session at school

KARACHI: The Community Support Program (CSP) team from Bahria University Dental College (BUDC) recently conducted an oral health awareness session and dental checkups for the students of Noor Public School, Hijrat Colony, Karachi.

Supervised by Dr Maria Moin, HOD Community Dentistry, and Prof. Kulsoom Fatima Rizvi, the CSP team comprised Dr M. Mohsin Haider, Senior Lecturer of Community Dentistry Department, along with Dr Maryam Sana, Dr Aliya Qamar, Dr Bibi Nimra, Dr Ansar Ghafoor, Dr Usman Bokhari, and Dr Samreen Fattani, serving as House Officers.

The team arrived at the school at 10 am, warmly welcomed by the principal of the school which accommodates 270 students from the junior section to class X, aged between 5-15 years.



Community Support Program (CSP) team featuring Dr Maria Moin, Dr M. Mohsin Haider, Dr Maryam Sana, Dr Aliya Qamar, Dr Bibi Nimra, Dr Ansar Ghafoor, Dr Usman Bokhari, and Dr Samreen Fattani. —Photo: DT Pakistan

The house officers were divided into small groups, each tasked with conducting dental checkups and oral health awareness sessions in classrooms.

The students exhibited attentive engagement and demonstrated great interest by actively participating in the session. Essential oral hygiene practices, including proper tooth-brushing techniques, were illustrated using models.

During the dental checkups, students with

dental ailments were identified and were recommended appropriate treatment through their respective teachers or headmistress.

The school principal expressed satisfaction with the oral health education activity and appreciated the team for their valuable contribution. —PR

AIDM sets up 'Heat Relief Camp' amid heatwave



KARACHI: Amid the searing heatwave that grips the city, the Altamash Institute of Dental Medicine (AIDM) organized a 'Heat Relief Camp', extending a helping hand to the people exposed to the harsh weather.

Led by Prof. Hasnain Sakrani and Prof. Naseer Ahmed, the AIDM team, comprising faculty members and volunteers, worked tirelessly to help alleviate the

discomfort caused by soaring temperatures.

The camp, equipped with essential amenities including cool drinking water, refreshing juice boxes, and shaded rest areas, provided relief to the persons most affected by the heat. Under the guidance of Dr Resham Nadeem and Dr Ayesha Anis, and with the support of house officers and volunteers, every effort was

made to ensure the well-being of those who visited the camp.

The camp was aimed at promoting community health and welfare, with individuals like Yasharah Khalid, Zaid Ali, Nayl Zara, and Abdullah Baloch working selflessly for others.

Volunteers like Asadullah Naseem, Faizan Maroof, Shahbazi Khan, and many more underscored the spirit of unity

and solidarity in times of crisis.

The AIDM camp stands as an example of proactive community engagement and underscores the indispensable role of healthcare institutions in addressing public health crises.

As Karachi continues to grapple with extreme weather conditions, such initiatives stress the need for compassion and solidarity in our society. **—PR**

AIDM team shines at DentalNovate 2024

KARACHI: Faculty members and students of the Altamash Institute of Dental Medicine (AIDM), Karachi, enthusiastically participated in various segments of the DentalNovate 2024 held recently.

AIDM team comprising a third-year student, a final-year student, and a graduate student took part in the quiz competition, showing strong academic and problem-solving skills. The team showed command over diverse topics, including oral pathology, dental materials, clinical practices, and recent advancements in dental technology, securing a spot in the semi-final round.

AIDM also presented a series of engaging posters featuring



Participants engaged in a quiz competition at DentalNovate 2024. **—Photo: DT Pakistan**

innovative research projects. Notable among these were presentations on topics such as the fit and accuracy of removable partial dentures using advanced techniques, caries-affected disinfection methods, and the

significance of dental ergonomics in curricula.

The AIDM team was appreciated for their articulate presentations and ability to tackle complex queries from judges and peers alike. The poster competition

provided a platform for AIDM students to get exposure, receive feedback, and establish connections with professionals and researchers from diverse backgrounds.

Moreover, faculty and students from AIDM actively contributed to the judging panel for table and poster presentations through their diverse perspectives and expertise. This collaborative effort facilitated networking opportunities and potential research endeavors.

AIDM's performance at DentalNovate 2024 not only contributed to the success of the event but also helped increase AIDM's reputation within the dental community, paving the way for future collaborations. **—PR**