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#### EDITORIAL TEAM

As we embark on another academic year filled with promise and dedication, it is my privilege to welcome you to the latest edition of our Dental College newsletter.

This publication stands as a testament to the collective achievements, aspirations and relentless pursuit of excellence within our college. In the ever- evolving field of dentistry.

Our college remains steadfast in its commitment to providing cutting-edge fosterina education. innovative research, and nurturing compassionate healthcare professionals. This magazine showcase for serves as a the remarkable endeavours and contributions of our students, faculty and alumni.

It is our hope that this magazine not only informs but also inspires, encouraging all members of our community to reach new heights in their academic and professional pursuits.

I extend my heartfelt gratitude to the Principal, editorial team, contributors and everyone involved in bringing this news letter to life.



Dr. ANITHA BALAJI

HOD & Professor

Department of Periodontics

EDITOR



Dr. Maria Priscilla Wincy. W

Senior Lecturer

Department of Oral Medicine & Radiology

CO - EDITOR



Taliya Faizal Intern Student Editors



Lydia Jaya Priya .M Intern Student Editors



Medlyn Marisha X Intern Student Editors



Kathija Zulaikha JMS 3<sup>rd</sup> year Student Editors



Shruthi M S 4<sup>th</sup> year Student Editors

## MESSAGE FROM THE PRINCIPAL



Dear Students & Faculties Greetings to all.

As we continue an exciting academic year, I am filled with immense pride and enthusiasm, with the activities of our college.

Our institution has always supported academic excellence, innovation and compassionate healthcare. Together, we have achieved remarkable milestones and I extend my heartfelt gratitude to each of you for your unwavering dedication.

This year, we are committed to further elevating our education and patient care standards. Our faculty members are continuing to impart knowledge and foster critical thinking, preparing our students to become exemplary dental professionals.

Let us also focus on research and community outreach initiatives, as they form the backbone of a holistic learning experience.

I urge everyone to embrace collaboration, uphold ethics and practice empathy. Together, we can positively impact society and shape a brighter future for dentistry.

I wish you all a successful and rewarding year ahead!

**Dr. S. Jimson** Principal

## PUBLIC HEALTH DENTISTRY EVENTS



ANTI RAGGING ORIENTATION PROGRAMME In a proactive move towards fostering a secure and welcoming environment our institution Sree Balaji Dental College and Hospital, pallikaranai recently conducted an impactful anti ragging orientation program. The orientation was held on 11th May 2023 was designed to instill a sense of responsibility awareness in community among students and faculty. A key highlight of the orientation programme was insightful present by Dr. Vikas Dhupar, on the detrimental effects of ragging and it's far reaching consequences.





#### SRI GANAPATHI SACHINANDA CLINIC, VELACHERY

To promote oral health and well being in the community, a dental Public Health Camps was conducted by Sree Balaji dental college and hospital on 20.05.2023 at Sri Ganapathi Sachinanda clinic, Velachery, Chennai. Interns and staff of our college collaborated seamlessly to provide free dental check ups.

#### OM SRI SAIKODI BABA CHARITABLE TRUST, MADIPAKAM

In a heart warming collaboration between healthcare professionals and a dedicated charitable trust, a dental public health camp recently unfolded bringing much needed dental care and awareness to the community. It was hosted at Om Sri Saikodi Baba charitable trust on 17.06.2023, this initiative came to make a positive impact on oral health for those who face barriers to access dental healthcare.

#### KALAIGNARIN VARUMUN KAPOM CAMP

The camp was held at Zone 14, Mylai Balaji Nagar and Government Higher Secondary School. SBDCH was a part of health camp organised by Chennai corporation. We were honoured to interact with Honourable Health Minister Thiru. Gagandeep Bedi Sir. Thousands of people were benifitted from this dental healthcare camp.

#### PUBLIC HEALTH CAMPS

BLOOD DONATION In a heart warming display of community spirit are recent blood donation camp proved to be a resounding success. The event was held at Sree Balaji Dental College and Hospital, Pallikaranai. The event brought together individuals from all walks of life united by a common goal "SAVING LIVES".



Gender Harassment Program, SBDCH held on 25th April, 2023







Sri Ganapathi Sachidananda Clinic, Velacherry held on 20<sup>th</sup> May, 2023

#### **PUBLICATIONS**



Author: Dr. Revathy Parthasarathy

**Department:** Conservative Dentistry and

**Endodontics** 

**Title:** Antibiotic Prescription Patterns for Endodontic Procedures in India: A KAP

Survey

Month: April 2023

Title: Current Trends in Intentional Replantation Treatment Among Endodontists and Postgraduate Students in India, the United States of America, and the United

Kingdom: A Cross-Sectional Study

Month: May 2023



**Author:** Dr. E. Thulasiram **Department:** Orthodontics

Title: Phyto-mediated synthesis of

zinc oxide nanoparticles using Clematis

montana extract and evaluation of its

antibacterial activity

Month: May 2023





**Author:** Dr. K. Mahalakshmi **Department:** Microbiology

**Title:** Epidemiology of non-communicable diseases among transgender population residing in Chennai District, Tamil Nadu.

**Title:** Treasure from trash - Is Ecoenzyme the new panacea in conservative dentistry and endodontics?

Month: April 2023

Department: Anatomy

**Title:** Noneugenol sealers – Thyme oil as an alternative in zinc oxide-based endodontic

sealers

Month: June 2023



Author: K. R. Don

Department: Oral Pathology

**Title:** Antibacterial Activity of Jackfruit Waste and Its Promising Health Benefits

**Title:** An Updated Review of Indian Law on Medical Termination of Pregnancy and

**Future Practices** 

Month: June 2023

Author: Dr. Sumathi Jones

Department: Pharmacology

Title: Vascular Endothelial Growth Factor Single Nucleotide Polymorphism +405 G/C (rs2010963) is associated with Levels, Infection

Severity, and Amputation among South

Indian Diabetic Foot Ulcer Patients

Month: April 2023

Title: Exploring the therapeutic potential of Decalepis hamiltonii root extract: synthesis of gold nanoparticlesand assessment of anti - microbial, antioxidant, and anti-proliferative activities

Month: June 2023



Author: Dr. G. Sumathy Department: Anatomy

Title: Best Washing Method for

Oligoasthenospermic Patients by Evaluating

DNA Integrity by using Comet Assay Study

Month: June 2023





Author: Dr. Badri Thiruvenkatachari

**Department:** Orthodontics

Title: Cephalometric effects of Twin-block and van Beek Headgear-Activator in the

correction of Class II malocclusion

Title: Standard of Care for Patients With

Cleft Lip and Palate in India - A

Questionnaire -Based Study

Month: May 2023



Author: Dr. M. Kalaivani

**Department:** Conservative Dentistry and

**Endodontics** 

**Title:** Influence of home bleaching regimen on microhardness and flexural strength of two contemporary composite resins – an in

vitro evaluation

Month: May 2023

Author: Dr. S. Jimson

Department: Oral Surgery

Title: Prevalence of Temporomandibular Joint Disorder Among Dental Students in

Chennai

**Title:** Presence of Heavy Metals in Over the Counter Teeth Whitening Products –

An Evaluative Study

Month: June 2023



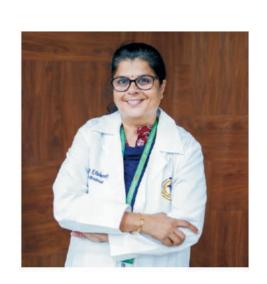
Author: Dr. K. Padmavathy Department: Microbiology

Title: Prevalence of Methicillin Resistant

Staphylococcus aureus and its SCCmec type

among dental students

Month: May 2023





Author: Dr. R. Mathangi

Department: Biochemistry

**Title:** Possible Correlation between Obesity and Inflammation in PCOS – Evaluation of

Leptin and CR

**Title:** Targeting Hypoxia Inducible Factors with Natural Phytochemicals – A Bioinformatics Approach

Title: Role Of Vitamin D In Periodontitis - A

Narrative Review

Title: Plausible Role Of Cissus

Quadrangularis in Osteogenesis of Bone

Month: April 2023



Author: Dr. Nalini Aswath

Department: Oral Medicine

**Title:** Evaluation of Thyroid Dosimetry using a novel modified thyroid collar during digital

panoramic radiography and Cone Beam

Computed Tomography

Month: June 2023

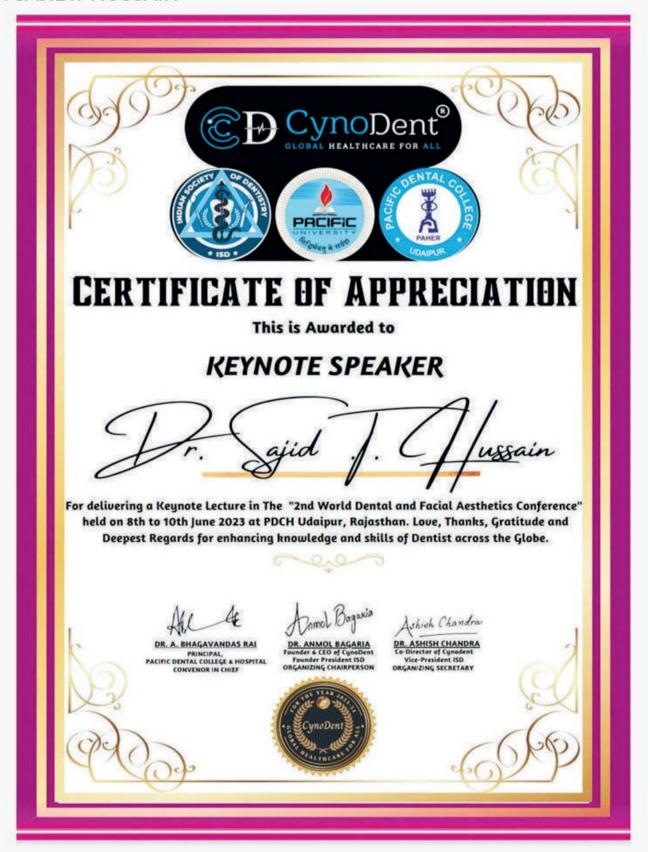
#### STAFF ACHIEVEMENTS



**Dr. GANESH RAMESH** Dr. Ganesh Ramesh was awarded certificate of appreciation for being a chairperson at the 14<sup>th</sup> Indian prosthodontic society Tamil Nadu and Puducherry Branch state conference. The event was held at Karpaga Vinayaga institute of dental sciences on the 6<sup>th</sup> and 7<sup>th</sup> May 2023







Dr. Sajid T Hussain was awarded with certificate of appreciation for delivering a keynote lecture on "AESTHETICS – MAKING A DEAM TO REALITY " in the  $2^{nd}$  world dental and facial aesthetics conference The event was held from  $8^{th}$  to  $10^{th}$  June 2023 at PDCH Udaipur, Rajasthan .

#### Dr. NALINI ASWATH

Professor & Head of the Department Oral Medicine and Radiology

In recognition of her outstanding contribution and invaluable insights Dr. Nalini Aswath was awarded the certificate of appreciation for her recent engagement as a guest lecturer at Sri Ramachandra Dental college and hospital in the virtual 7<sup>th</sup> National Rapid Review and updates in oral medicine and radiology held from 17<sup>th</sup> - 20<sup>th</sup> April 2023. She delivered an excellent guest lecture on salivary gland disorders . As a token of



gesture for her dedication, expertise and passion for the subject Dr. Nalini was awarded certificate of appreciation for presenting a guest lecture on Oral potentially malignant disorders in National IAOMR day 2023 at Priyadarshini Dental college and hospital on 25<sup>th</sup> April 2023.

#### Dr. ANITHA BALAJI

Professor & Head of the Department Periodontics

As part of the 15<sup>th</sup> Rapid Review Course in Periodontology and Implantology held from April 26<sup>th</sup> to 29<sup>th</sup> at Sri Ramachandra dental college and hospital, Dr. Anitha Balaji delivered a distinguished guest lecture providing a comprehensive update on the Resolution of Inflammation.



Taking the helm of a scientific session, Dr. Anitha Balaji chaired discussions at the National Dental Summit 2023, which unfolded on April 11<sup>th</sup> and 12<sup>th</sup>. The summit was organized by Priyadharshini Dental College and Hospital in Thiruvallur, Tamil Nadu. Dr. Anitha Balaji serving as a judge at the 10th Star Summit, which took place from June 12<sup>th</sup> to 16<sup>th</sup>, 2023, hosted by Saveetha Dental College and Hospitals, Saveetha Institute of Medical and Technical Sciences, Chennai.

World health day was held on 20<sup>th</sup> March 2023 at Sree Balaji Dental College and Hospital by the Department of Periodontology and implantology. The enlightening program was organised and chaired by Dr. Anitha Balaji

On June 9, 2023, our college professors, Dr. Anitha Balaji (Head of Department of Periodontics), Dr. Manigandan, Dr. Hemalatha and Dr. T. Sarumathi (Professors in the Department of Oral Medicine and Radiology), along with Dr. S. Leena Sankari





(Professor in the Department of Oral and Maxillofacial Pathology & Oral Microbiology), Dr. A. Arif Yezdani (Professor and Director Dept. of Orthodontics and Dentofacial Orthopedics) Dr. Saravana Kumar (Department of Oral and Maxillofacial Surgery) graduated with Ph.Ds from esteemed Biher University.











### **EVENTS**



# UNDERSTANDING AND SUPPORTING NEURODIVERSE CHILDREN

The Department of Pedodontics and Preventive Dentistry conducted a program on Understanding Neurodiverse Children and Helping Them. Dr. Kanagasabai Puvanendran, a consultant neurodevelopmental pediatrician with 30 years of experience, led the session. He shared practical insights on promoting development in children and guiding parents toward building resilience. Various methods for managing and supporting neurodiverse children were discussed, making the session highly informative and impactful.





#### GENDER HARASSMENT

Sree Balaji Dental College and Hospital conducted a programme on "Awareness lecture on Gender Harassment" on 25<sup>th</sup> April 2023. Ms. Swapna Sundar delivered a powerful lecture on gender harassment awareness last April 25, sparking crucial conversations. Attendees were enlightened and inspired to take actions, fostering a collective commitment to combatting gender harassment. The event marked a significant step towards creating a safer and more inclusive environment.



#### 209th CSM

 The 209<sup>th</sup> CSM session featured engaging presentations by students from various dental specialties:

Management of Juvenile Ossifying Fibroma – Dr. Swastika Srivastava (2<sup>nd</sup>year, Dept. of Oral and Maxillofacial Surgery)

 Discussed the diagnosis, treatment, and management of juvenile ossifying fibroma.

Magnifying the Miniature – Dr. M. N. Anusha (2<sup>nd</sup>-year, Dept. of Oral and Maxillofacial Pathology & Oral Microbiology)

 Explored microscopic advancements in pathology and their significance in diagnostics.

Safety Wakeup System for Deaf, Blind, and Alzheimer's Patients – Ummu Saabira (1<sup>st</sup>-year BDS, Dept. of Public Health Dentistry)

Presented an innovative assistive system designed to enhance safety for individuals with disabilities.









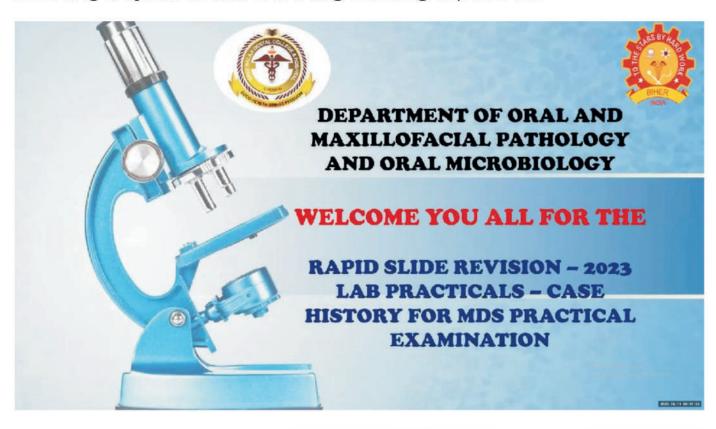
#### **FULL MOUTH REHABILITATION**



The Department of Prosthodontics conducted an enlightening workshop and lecture on Full Mouth Rehabilitation. The event featured esteemed speaker Dr. D. Sendhilnathan, renowned guest a Prosthodontist and expert in the field. The session provided dental professionals with comprehensive knowledge and practical skills in full mouth rehabilitation. Dr. Sendhilnathan shared his vast experience, covering various aspects of treatment planning, occlusion, and the use of advanced materials for successful rehabilitation cases. The workshop was highly informative and beneficial for all attendees.

#### ORAL PATHOLOGY

The Department of Oral and Maxillofacial Pathology and Oral Microbiology orchestrated a rigorous online national rapid slide revision on May 11<sup>th</sup> 2023, focusing on MDS practicals. Attendees delved into detailed case histories, refining their skills for the imminent examinations. The department's dedication to education was evident, fostering a dynamic and enriching learning experience.

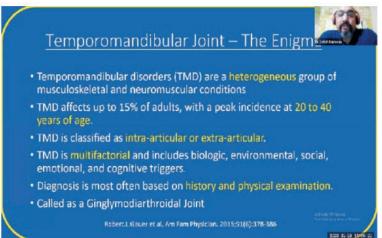




## TMJ – ANATOMY AND BIOMECHANICAL ASPECTS

A webinar on "TMJ - Anatomy and Biomechanical Aspects" was 28<sup>th</sup> conducted on May 2023 bv the Indian Society Temporomandibular Joint Surgeons. The session featured esteemed moderators, including Dr. Satish Kumaran, Dr. M. R. Muthusekhar, Dr. Chitra Chakravarthy, Dr. Jagadish Chandra, and Dr. K. Arun Kumar, along with distinguished panelists. The event provided in-depth discussions on the anatomy and biomechanics of the TMJ, enhancing participants' understanding of surgical and clinical aspects. Attendees received ecertificates of participation, making it an insightful and valuable learning experience.



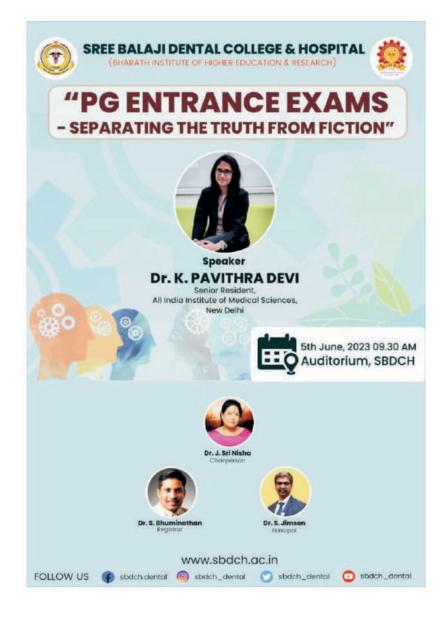


#### TMJ MASTERCLASS: EXAMINATION OF THE FACE, TMJ, AND CLINICAL RELEVANCE

A virtual session on "Examination of the Face, TMJ, and Clinical Relevance" was conducted on June 25, 2023, at 11 AM. Moderated by Dr. Arjun Krishnadas, the session featured panelists Dr. M. Aravind (Oral Medicine), Dr. Apoorva Movar, Dr. Joanna Baptist, and Dr. Karthick Sekar. Mentors for the event included Dr. Kannan Balaraman, Dr. Nehal Patel, and Dr. Abhay Kamath. Participants received an E-Certificate of Participation.

#### PG ENTRANCE EXAMS: SEPARATING THE TRUTH FROM FICTION

On June 5, 2023, at 9:30 AM, an event titled "PG Entrance Exams – Separating the Truth from Fiction" was successfully conducted. The session featured Dr. K. Pavithra Devi, Senior Resident at All India Institute of Medical Sciences, New Delhi, as the speaker. The event provided valuable insights into the realities of PG entrance exams, helping attendees navigate their preparation effectively.



## ANTI-RAGGING ORIENTATION PROGRAM

An Anti-Ragging Orientation Program was conducted to educate students and sensitize students toward senior welcoming newcomers. The session was led by the Principal and senior staff, emphasizing the importance of a respectful and inclusive environment. The program aimed to create awareness about anti-ragging policies and foster a safe and supportive atmosphere for all students.









#### WORLD ENVIRONMENT DAY



On June 5, 2023, at 11:00 AM, a lecture quest was successfully conducted in honor of World Environment Day. The session, titled "Youth and Environment," featured Dr. V. Clement Ben, IFS, Additional Principal Chief Conservator of Forests, Region, Western Wildlife Mumbai, as the distinguished speaker. The lecture emphasized the role of youth in environmental conservation and sustainability.



# FUTURE DIRECTIONS OF IDO1 INHIBITORS AS SMALL MOLECULE ENHANCERS OF CHECKPOINT INHIBITORS

On June 10, 2023, an international webinar series, DENTOPHARM-23, was successfully conducted under the Bharath Institute of Higher Education & Research. The session focused on the topic "Future Directions of IDO1 Inhibitors as Small Molecule Enhancers of Checkpoint Inhibitors." Dr. Shaymaa Emam Abbas Mohamed Kassab from the Faculty of Pharmacy, Damanhour University, Egypt, was the featured speaker. The webinar took place from 6:00 PM to 7:00 PM IST, and participants received an E-Certificate of Participation.

## VISIT OF CHIANG MAI UNIVERSITY DELEGATION



A delegation from Chiang Mai University visited on the 9<sup>th</sup> and 10<sup>th</sup> of May. The visit fostered academic exchange and collaboration, providing an opportunity for discussions on dental education, research, and future partnerships. The interaction proved to be insightful and enriching for all participants.









# 2<sup>nd</sup> INTERNATIONAL VIRTUAL CONFERENCE ON NEUROMUSCULAR DENTISTRY





Future Directions of IDO1 inhibitors as small molecule enhancers for checkpoint inhibitors

Shaymaa E. Kassab, PhD
Associate professor of Medicinal Chemistry



The Department of Pharmacology and Therapeutics successfully conducted the 2<sup>nd</sup> International Virtual Conference, De-Unventy JUCA, 1758, on Neuromuscular Dentistry on June 23<sup>rd</sup> and 24<sup>th</sup>, 2023, from 9 AM to 4 PM IST. The event invited UG and PG students, along with delegates, to engage in insightful discussions and advancements in the field of neuromuscular dentistry.





#### Novel Therapeutic Approaches for Alzheimer's Disease

#### Hameetha Banu Rajamohamed Sait

Biogen, Cambridge, MA, USA

2<sup>nd</sup> International Virtual Conference Neuromuscular Dentistry, Sree Balaji Dental College & Hospital, Chennai, India, June 23 &24



#### LEARN WITH FUN ACTIVITIES

By Dr. K. R. Don
FO TIME OF DEATH ASSESSMENT CASE PRESENTATIONS
17-06-2023

Forensic pathologists are essentially required to estimate the time since death to assist in death investigation by limiting the investigation period and thus helping narrow down the number of suspects in homicide cases. Estimation of time since death is an integral part of medico legal investigations. The time of death is most frequently estimated using the classical triad of post-mortem changes – rigor mortis, livor mortis and algor mortis.

A fun activity based short group learning system was designed among Postgraduate students, to make the students learn various Forensic Odontology disciplines. Postgraduate Students were divided into small teams. Each team were asked to browse different Forensic Cases from the internet, where the time of death was assessed using different mortis. Finally, each team did a chart presentation about their findings.

By this fun activity based short group learning methods, Students get more enthusiastic in learning this topic which by itself is very difficult to understand. Students also felt this way of learning the difficult topic in a fun way makes them easy to concentrate and understand more.

Staff incharge: Dr. K. R. Don HOD: Dr. N. AravindhaBabu









### KALAIGNARIN VARUMUN KAPPOM – KODAMBAKKAM CAMP



On June 24, 2023, a free medical camp was successfully conducted at Government Higher Secondary School, Kodambakkam, under the Kalaignarin Varumun Kappom initiative. The event provided comprehensive health check-ups and medical consultations. A team of experienced doctors and healthcare professionals screened participants for various health conditions and offered guidance on preventive care. The initiative aimed to promote early diagnosis and awareness, ensuring better healthcare access for all.

## MOKSHA 2023 WINNERS

S.No	Name	Year of Study	Presentation	Place			
POSTER AND PAPER PRESENTATION							
1.	S. Kamali	Final Year	E-poster	2 <sup>nd</sup>			
2.	Arnold Christopher	Final Year	E-poster	3 <sup>rd</sup>			
3.	Halema Hasna	1 <sup>st</sup> Year	E-poster	<b>1</b> <sup>st</sup>			
4.	Tharun Raj	2 <sup>nd</sup> Year	E-poster	<b>1</b> <sup>st</sup>			
5.	Gayathri. D	2 <sup>nd</sup> Year	E-poster	<b>1</b> <sup>st</sup>			
6.	K. Manasa Vembi	2 <sup>nd</sup> Year	E-poster	<b>]</b> <sup>st</sup>			
7.	C. Prathiksha	3 <sup>rd</sup> Year	E-poster	<b>]</b> st			
8.	S. Dilip Kumar	CRI	E-poster	<b>]</b> st			
9.	Priyan	CRI	E-poster	<b>1</b> <sup>st</sup>			
10.	Amritha Palani Rajan	2 <sup>nd</sup> Year	Paper	<b>]</b> st			
11.	Keerthana. A	1 <sup>st</sup> Year	E-poster	2 <sup>nd</sup>			
12.	A. S. Farhat Fathima	1 <sup>st</sup> Year	E-poster	2 <sup>nd</sup>			
13.	Ananthika. K	1 <sup>st</sup> Year	E-poster	2 <sup>nd</sup>			
14.	Pushpavathy. L	1 <sup>st</sup> Year	E-poster	2 <sup>nd</sup>			

15.	Abrimani Devi Elangovan	2 <sup>nd</sup> Year	E-poster	2 <sup>nd</sup>
16.	Mahalakshmi. B	3 <sup>rd</sup> Year	Paper	2 <sup>nd</sup>
17.	J. Shiny	3 <sup>rd</sup> Year	E-poster	2 <sup>nd</sup>
18.	Riyana. M	3 <sup>rd</sup> Year	E-poster	2 <sup>nd</sup>
19.	Angel. G	3 <sup>rd</sup> Year	Paper	2 <sup>nd</sup>
20.	Akshaya. G	3 <sup>rd</sup> Year	E-poster	2 <sup>nd</sup>
21.	Rupasree Gowthaman	3 <sup>rd</sup> Year	E-poster	2 <sup>nd</sup>
22.	Pearlson	Final Year	E-poster	2 <sup>nd</sup>
23.	Naganandhini	Final Year	E-poster	2 <sup>nd</sup>
24.	Jessica	CRI	E-poster	2 <sup>nd</sup>
25.	Simrita Sri. K	1 <sup>st</sup> Year	E-poster	2 <sup>nd</sup>
26.	Harsitha Srinath	1 <sup>st</sup> Year	E-poster	3 <sup>rd</sup>
27.	Vinisha. R	1 <sup>st</sup> Year	E-poster	3 <sup>rd</sup>
28.	Dharshan. R	1 <sup>st</sup> Year	E-poster	3 <sup>rd</sup>
29.	Jayachandran. R	1 <sup>st</sup> Year	E-poster	3 <sup>rd</sup>
30.	Abinaya. R	2 <sup>nd</sup> Year	E-poster	3 <sup>rd</sup>

31.	Abinaya. M. U	1 <sup>st</sup> Year	E-poster	3 <sup>rd</sup>			
32.	S. Mahalakshmi	3 <sup>rd</sup> Year	E-poster	3 <sup>rd</sup>			
33.	Reaia Savio	CRI	E-poster	3 <sup>rd</sup>			
CULTURALS							
1.	Vigneswaran. S	CRI	Branding Dude	1 <sup>st</sup>			
2.	Shafiq Rohit. M	2 <sup>nd</sup> Year					
3.	Preetha. R	CRI	Varnajalam Tooth sculpting	2 <sup>nd</sup> 3 <sup>rd</sup>			
4.	Gayathri. S	2 <sup>nd</sup> Year	Varnajalam Tooth sculpting	2 <sup>nd</sup> 3 <sup>rd</sup>			
5.	Hansika Varsha	CRI	Varnajalam	2 <sup>nd</sup>			
6.	Nivedha	2 <sup>nd</sup> Year	Varnajalam	2 <sup>nd</sup>			
7.	S. Aishwarya Meena	CRI	Tooth Sculpting	3 <sup>rd</sup>			
SPORTS							
1.	Asmath Rizwana	Final Year	Discus Throw- Girls	<b>1</b> <sup>st</sup>			



# STUDENT'S CORNER





MEENATCHI.S.S



#### **ESCAPISM**

Starry night, glistening sunrise, into awake and dawn of sky Lost in wind, looking in, a pause from the storms outside.

Smell of coffee, wet earth, old books and stories I never lived Reminds me i have world to escape, a journey of turning in.

Till the brim if i could fill with medals and all things fancy, Everything that I could touch and hang in the balcony, Will it be peaceful enough to make me feel the symphony, Will it be passionate enough to make the walking life dreamy.

Anything else after the routine of the day, That fills the cup of your heart till today. Where you are lost and found right way Or watch the art and wonder the play.

you eventually put the crazy ride on brake
Cause portrait is blank without that escape.
Maybe we were never made to be alive but rather feel what it means to be,

In the trail of thoughts ,slow dancing, when it's raining, When all noises fade and you can finally feel something. Then let yourself into the cabin and let all controls swing The only way we can make this epic is by escaping.

Same old Iullabies, movies, fantasies and comics of ghibli, On the streets and libraries, downtown city has a legacy, Vintage cafe, suburban station, train to outskirts of cities, we could go from painting to diving, or all night star gazing, The only way we are surviving this hell of a ride, is by escaping.

> SAKSHI MISHRA Second year - BDS



