

Editorial

J Conserv Dent – *Citius, Altius, Fortius...*

"*Citius, Altius, Fortius*" is the motto of the Olympic Games; an event that symbolizes unity and exuberance of the human spirit. These three Latin words mean "*Swifter, Higher, Stronger*." Baron de Coubertin borrowed the motto from Father Henri Martin Dideono, the headmaster of Arcueil College in Paris. Father Dideon used the motto to describe the great achievements of the athletes at his school.

The Olympic Games is all about perseverance, ability, performance, and results. It is all about competition with one another as well as competing with oneself! There are many important ingredients in one's ability to excel, yet one of the most important and fundamental attributes needed to perform and succeed is "*Belief*".

Once we *believe* in something, only then can we translate it into reality. However, it is important to understand that beliefs based on lack of ability and perseverance will not create any positive results. At the same time, lack of belief for something that is substantiated can lead to underperformance. This is the reason that at the highest levels of any sport or profession, it is the mental belief in oneself that determines the ultimate result. This is what differentiates a Roger Federer, a Michael Jordan, a Lance Armstrong, and a Mahendra Singh Dhoni from others..!

This is what each and every one of the *postgraduate students* in our country has to understand and believe in. A belief in oneself and in one's ability to make a difference.... Instead of commenting and lamenting about the system, one has to sit back and understand the difference between "*Area of Concern*" and "*Area of Influence*." One may have lots of concerns about the quality of teaching, research, and education in this country at large. They are very valid concerns but your influence to change them will be limited to say the least. However, you and I can work on our "*Areas of Influence*" which is our *own* work, our *own* teaching programs in individual departments and colleges, and our *own* research work and its publication in reputed journals.

This is totally under the control of our own ability and our own inclination and belief to make a qualitative difference. The bottom line is that if each one of us works on our areas of influence with belief, integrity, and perseverance, then collectively we represent a culture change!!

The Journal of Conservative Dentistry symbolizes the intellectual belief of India being a hub and platform for meaningful research emanating from different parts of our country as well as from different parts of the world. It is encouraging for us to see articles from Pakistan, Brazil, Turkey, and Iran being part of this issue. Our motto like the Olympic motto would be to strive to work towards being a globally recognized source for current research and information in our profession.

With you.

We believe..

We can achieve...

Citius, Altius, Fortius!!!

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