

RAJAH MUTHIAH DENTAL COLLEGE AND HOSPITAL

TRIUMPH 1980 - 2005



Celebrating 25 years of Excellence in Dental Education

TRIUMPH



**ANNAMALAI UNIVERSITY
CHIDAMBARAM**

I we can never forget the trips to M.G.R. Thittu (which now is vanished by Tsunami). That island was a paradise for most of us. After reaching the M.G.R. Thittu, we had to take a ferry ride to reach the other side of the shore. As I think of those ferry rides with fear etched in our faces, my face creases into a fond smile. We even celebrated a birthday treat there where all our Batch Boys came and it was the most enjoyable treat we had! We had been to all the places in and around Chidambaram. The visits to Gangai koda cholapuram after completing a dental camp in Jayamkondam, and other places like Tharangambadi fort (this place also succumbed to tsunami!), Thiruvangadu, sirkhazhi, kuthanoor Saraswathi temple, Kumabakonam, Pondichery, Poombuhar and our own Nataraja temple are unforgettable experiences. Our bus stand, night teashops in the medical O.P, Chidambaram railway station, Paris comer, Navin classics, post office, Akka kadai Balu videos, Archies gallery, Arun ice cream parlour, every thing and every place has a special reason for us to remember.

Apart from the fun and frolic, all that we have learnt as dental students we attribute them to our dean, hostel wardens, all our teachers who were unique and taught us not only the art and science of dentistry but also the tactics of life, crisis management and to face this word with confidence. I take this opportunity to thank each one of them.

The bond that was created at RMDCH among the Samarats still exists. We are in touch with each other through e-mail, phones, chats and marriages! Some of our batch mates are in abroad, some with practices, some pursuing the post graduation both here and in abroad.

Our batch 'Samraats 98' feel proud that our college is entering its 25th year and wish all the very best for it to reach international standards in the years to come.

THE MONK WHO WANTS TO SELL HIS ZEN

Dr. Gopi Krishna, (hi_gopikrishna@hotmail.com)

Disclaimer: *The title of this article is an feeble attempt to mimic the phenomenal success attained by Robin Sharma's "The Monk who sold his Ferrari"!!!.*

It was indeed a pleasant surprise to me when I was asked to write an article for my alma mater! That surprise turned to a shock when I realized that I was supposed to write a non-dental article on the lines of personality development. On a more serious note, this gave me an opportunity to discuss certain interesting observations on life. Life teaches us a lot of lessons and one of the lessons that we learn the hard way is the fact that

'Experience is the comb life gives you, once you become bald!'

'Experience is the name everyone gives to their mistakes!'

This pertinent fact has been known from time immemorial yet we all try to learn from our own mistakes while it is far wiser to learn from others mistakes. In our eternal quest for 'SUCCESS', a metaphor, which varies, from person to person, we lose track of our bearings and try to blame our shortcomings and inefficiency on things called fate, luck and circumstances.

The most salient truth for changing ones life and character is that the CHANGE should be within oneself rather than in trying to change the situations and challenges we face. This article is a frozen thought of all the ingredients that go in molding a character that can mold ones own destiny.

In the five years in RMDC & H, the college and hostel life taught us lots of lessons. One of my observations was the lack of self-confidence amongst many of my peers.

The one common factor in all my seniors who were achievers was the general sense of Self Confidence. Hence the first lesson in life is to like and believe in yourself and your abilities. If you do not have confidence in yourself then who else will have in you?!

NEVER REJECT YOURSELF:

More often than not, we don't get what we desire, not because of others but because we reject ourselves. Every time we experience fear of rejection, we should realize that it's not the person who is rejected, but the action. Rejections are not personal rejections. Rejections only indicate that we have to correct or change our approach. By rejecting ourselves, we are depriving ourselves of getting what we want. Don't reject yourself anymore. If we are rejected, we will learn a lesson and change our approach; if we are accepted, we will come to know that our approach was right. We should realize that it isn't our business to be bothered about whether we will be accepted or rejected it is the worlds business. Our business is to put our best foot forward and extend our hand... yes, there is a 50% possibility that our hand will be pushed away... but also a 50% possibility that we will get a handshake in return!

BE ORIGINAL:

As a frightful beginner to clinical practice after completing my bachelor's degree, I felt scared to face the world. I blamed this lack of self-belief on my not being a Master of anything! Hence, I joined my MDS thinking that this would rectify my ineptitude. However, after graduating I again had the same sinking feeling in my stomach, and this time had no excuse to offer. The common refuge for most of us who face such a situation is by trying to copy or emulate others. This 'herd philosophy' of blindly trying to follow others is a recipe for disaster. This concept is of paramount importance when one tries to establish a clinical practice. Most of us try to 'survey' the place where we want to establish and commonly follow some principles.

We try to look for a place where there are no other clinics!

We try to price our services at a lesser premium than others!

To be frank, even I followed these principles... but I have realized that a successful practitioner is one who cannot be easily COPIED! If you look around, you will agree that the law of human nature is whatever can be copied will be copied. The corollary to this law is that which cannot be copied will never be copied. From a clinician's point of view, it is foolish to compete only on the basis of selling price, promises and others lack of knowledge. All these may give a very temporary edge, short time profits and turnover. More importantly, all of these may be easily copied.

As a consultant visiting a number of clinics, I have realized that clinics that do well are those that cannot be copied easily! The fundamental principles on which these successful practitioners operate are

1. Quality treatment with a 'no compromise' attitude.
2. Personal rapport with patients; (this should not be mistaken for smooth talking!)
3. Great service with genuine goodwill
4. Understanding the needs of the patient
5. Trust and dependability

Cost of treatment and location of practice does not figure in the above list! If you look around you will find that people prefer Jet Airways although it is more expensive, people travel an extra mile to go to their favorite food joints although there might be cheaper joints near by! The bottom line is that the key to a successful practice is ... YOU and the QUALITY you deliver! If you want your life and practice to be one of a kind, then make changes in yourself to become UNIQUE.

Unused money devalues. Unused talent diminishes. Unused potential disintegrates. Unused time dies. Unused knowledge becomes a burden. What isn't used is abused. The tragedy of life isn't the ultimate death, but the resources that die within you when you are still 'alive'. Use it, or you will lose it.

In conclusion, a few timeless quotes that continues to enlighten and inspire us:

1. I'm a great believer in luck, and I find that harder I work the more I have of it'
2. The difference between stumbling blocks and stepping-stones is how you use them.
3. In the battle between the Rock and the Stream, the rock always loses!
4. You drown not by falling into a river, but by staying submerged in it!

MOTTO FOR LIFE:

If fate leaves me with a lemon, I will make lemonade out of it!

May you and this world discover you at the earliest!

FEEL LUCKY:

I still remember the days in hostel when we made a list of the so called 'Lucky Guys': SS for having a girl friend, SC for having a very rich dad, PP for being lucky in exams and the list goes on. Now, can we decipher this magic of LUCK? This phenomena of luck on which we either blame our failure or credit everyone else's success, is nothing but our inability to understand the originality and uniqueness embedded in every creation. No two leaves are the same. Then how can two lives be the same? Irrespective of our best efforts, trying to be someone other than what we can be can never lead to success or prosperity. We can go on

blaming luck for what we are or for what we are not. The reality remains that each one of us will have a different set of opportunities. In my understanding, it is not luck but the drive to search for the best in ourselves that leads to success. Do not wait to become lucky. Create your own luck.

CREATE TIME:

In the past few years of leading a life of an academican and consultant, one of my common remarks used to be that 'I am busy and have no time at all'. Initially, this used to give me a thrill, as I mistook this to be the path to success. Now I realize that when my daughter wants me to read her a bedtime story, I am not having TIME. I have realized that lack of time means lack of control on your own life!

Time management isn't clock management. It is our ability to say 'yes' to what is important, and more importantly, the discipline to say 'no' to 'you don't have to do' aspects of life. We have to realize that our time is being stolen by the 'trivial many', which have little or no consequences on the overall effectiveness of our life. Hence time management is nothing but the art of compiling a 'Not to do list'. A strict 'no - no' to things which vary from person to person. it could be ritualistic television watching, oversleeping to reading every bit of news in the papers from obituaries to tenders!