



FACULTY OF DENTISTRY
JAMIA MILLIA ISLAMIA

ZEST 2015

3rd - 6th OCTOBER

Venue: 3rd-4th OCTOBER- Jamia Sports Complex
5th- 6th OCTOBER- Dr. M. A. Ansari Auditorium, JMI

Entry Strictly by Identity Card Only

Contact: zest.fod.jmi@gmail.com



FACULTY OF DENTISTRY, JAMIA MILLIA ISLAMIA

Cordially invites you for the Inaugural
ceremony of
Annual Intercollege festival



On Monday, the 6th October 2015 (2.00 PM)
At Dr. M.A Ansari Auditorium, JMI

The ceremony shall be graced by
the auspicious presence of Our Chief Guest
Hon'ble Vice Chancellor, Prof. Talat Ahmad

*(The ceremony will be followed by tea and
refreshments)*





Faculty of Dentistry



From office of the Vice Chancellor

It is my privilege to be the Vice Chancellor of a University with a rich legacy of over 100 years in cultural and academic domains. This gives me an opportunity to recognise the abundant potential of the students and give them a platform for expressing of their talents. The Faculty of Dentistry though became a part of this University only a few years back, but it has proved to be a feather in Jamia's cap. Over the years, Faculty of Dentistry has successfully established its name as one of the promising Dental Institutions in Delhi-NCR, be it infrastructure, or the highly skilled Faculty, or the academic results; it is steadily growing as an Institution of repute. The students of Faculty of Dentistry since its inception, have been invariably groomed for an all round development of their personality, where on one hand they have won accolades in literary events while on the other hand their sports and other creative skills have also been honed to perfection. The annual festival of Faculty of Dentistry, that the students have rightfully named "Zest" gives them the much required break from the tiring academics and also provides a rostrum for culmination of ideas and talents of students from various colleges of Delhi and NCR. It not only aids in broadening their horizons in various aspects of academics and culture, but are also important for developing the leadership qualities in them. Keeping pace with the technological development of this generation, they have been taught to make excellent use of electronic media to their advantage, be it in learning or their disposition to the outside world. As an extension of this enterprise, an e-newsletter has been designed for the first time to give a colourful insight of youth in the annual festival, "Zest". It marks the initiative of a paperless manner of sharing thoughts and provides information to a large group.

I certainly feel that creative juices flow only when a free hand is given to the students to showcase their potential and festivals like Zest prove to be an ideal podium for it.

I wish Faculty of Dentistry all the luck and support to organise this event successfully year after year.

Prof Talat Ahmad
Vice Chancellor, Jamia Millia Islamia

From office of the Registrar

Our University has come a long way since its inception and has always kept pace with the changing needs and expectations of the society. It has successfully performed multiple roles of creating new knowledge, acquiring new capabilities and producing an intelligent and healthy human resource pool for the promotion of economic growth, cultural development, social cohesion, equality and justice.

Festivals in this college render path-breaking ideas related to culture and talent with lasting impact on current youth and also inculcate leadership and managerial skills in students who mitigate their confidence in life. "Zest" is a propagation of Faculty of Dentistry's mission to add flavour of culture and entertainment to student life, apart from creation of academic knowledge with enduring impact.

Jamia has always integrated advancements in technology in all aspects of teaching and student related activities. Hence, the commencement of paperless e- newsletter on the event of "Zest" by Faculty of Dentistry is itself an extension of incorporation of electronic media in reaching out to the public, with a purview of societal consciousness for a greener environment.

I hope Zest 2015 conducted by Faculty of Dentistry will be a great success.

All the very best!!....

Prof Shahid Ashraf
Registrar, Jamia Millia Islamia

From office of the Dean

This first issue of newsletter comes in backdrop of a colorful college festival of Faculty of Dentistry- Zest which is being organized successfully in our college for the past three years. Zest, as the word symbolizes is the zeal of the students to experience the fun side of a professional course, their ardor and passions to showcase their talents and aptitude for sports as well as extracurricular activities and the fervor and excitement of faculty to nurture these bright young minds into not only professionally successful individuals meeting their personal education goals but also allowing them to experience unabridged version of life inculcating all flavors of student life.

This newsletter is a paperless initiative to communicate the essence of this venture across the students and faculty of this university while expressing our serious concern for a greener environment.

I extend all my best wishes to the success of this much awaited event and hope it becomes a memorable experience for everybody.

Prof Saranjit Singh Bhasin
Dean, Faculty of Dentistry,
Jamia Millia Islamia



Faculty of Dentistry

Editorial Team:

Faculty

Dr Neeta Kumar,
(Associate Professor)

Dr Aman Chowdhry,
(Associate Professor)

Students

Mridula (BDS 1st year)

Fatema (BDS 1st year)

Lubna (BDS 1st year)



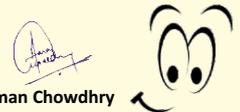
The Beginning..... Newsletter, Faculty of Dentistry

We are honoured and proud to announce the first Newsletter from the Faculty of Dentistry (FOD), JMI. The vision of this e-Newsletter is to start a two way dialogue amongst students and faculty. Also to reach out and stretch to meet the needs of the students with fun and meaningful learning in line with the mission and vision of FOD.

The most important purpose is to notify, engage, inspire and entertain a diverse readership – amongst students, faculty, staff of our college and its extended family in JMI. Through this forum we will be telling powerful stories that present a compelling, timely and honest portrait of the FOD.

Dentistry is an art and science, the editorial board promises that all the colors of art and all the enthrallment of science expressed in this forum.

Happy Reading....



Dr Aman Chowdhry



“An Open Invitation to all the creative people to give your Selfies and pictures during Zest'15”
Kindly mail us at : photos2015zest@gmail.com

From the Editor's Desk

Greetings for Zest 2015

The first issue of the newsletter is ready to take you on a beautiful journey of Zest right from its inception penned by our students who have experienced these historical moments through their active participation.

Announcement of Zest 2015 marks the beginning of festivities in Faculty of Dentistry. You must have read what our honourable Vice Chancellor and Registrar and our charming Dean have to say for this memorable occasion!

Just imagine! The organizing team while tantalizing our students promises a wide variety of vibrant cultural, sports, literary and scientific activities like *Prahasan*, *Shaam-e-Raqs*, *Kolam*, *Paste & Post*, *Soch*, *Hieroglyphia*, *Insignia* and many more. Join us to know what they are.

This year Zest team has come up with a brilliant idea in “Ingenious Dentistry” which is sure to give a new perspective with which to explore the subject of Dentistry. Watch out for meaningful interactions with external student community in the perfect blend of a friendly and informal atmosphere.

Dear students! Do what you love and let your imagination loose! Select the event yourself that interests you most and will keep you excited with endorphins. Offer your hundred percent! Rise above the ordinary and participate in large numbers. Promising a literary and visual treat, this programme is not to be missed for sure! The forthcoming issues will bring the highlights of activities in Zest 2015 and exciting developments.

Dr Neeta Kumar

Your attention please!!

It's a topsy-turvy world! The Boys' common room is witnessing discussions about cricket strokes, and not the strokes for scaling! Strategies for carrom and chess are being formulated. The so-vibrant Girls' common room is now deserted as the girls are seen playing badminton in the hallways. The enigmatic sounds of air-rotors and micro-motors are being replaced by the euphony of talented singers. Lecture theatres are being heated up by the wars of words ascertaining *Vox Populi*.

Students are carrying class II cursive writing books, and high school General Knowledge books...the Dental Materials lab looks like an art and craft lab now; where students are brewing up their creativity. Thankfully, they're not experimenting with multicolored dentures yet! What shocked me the most was the ambience of the examination hall. The sanctuary of stress and anxiety has been completely transfigured by the students to a hub for cultural activity, abuzz with dance moves and dramatic rehearsals. The hall is not frightening anymore.

Look around!! Things seem pretty different, don't they? The corridors are all buzzing with action..... The sudden change in routine is spawning awe and wonder in the hearts of many. Fear not, O friend! We're just prepping ourselves for the carnival of talent, ZEST.

It's the time of the year to de-stress ourselves. The time to live in the moment; to create our moments. To inculcate within our hearts, a team spirit; a feeling of belonging....belonging to the family of FOD.

The stage is set, and we're ready to make it all ours!

Student Editor
Mridula (BDS 4th year)

Faculty of Dentistry

From Student Editor's desk

ZEST - The journey continues.....

Those were the moments of extraordinary learning experience with immense joy and celebrations... taking us away from dry routine of dentistry.

It was in the auspicious year of 2013, that we celebrated our first inter-college fest, ZEST – A Carnival Unleashed. The 2-day gala event, perfect blend of literary, sports and cultural events. Intercollege cricket championship was held (and yay, we won!). Day two was artful, brimming with the creativity of students. *Tilasmi Matka* were painted and *Inspiring Wires* were entangled. A number of on-stage competitions like the debate, *Nukkad Natak* and singing and dancing were such a success, that they are still fresh in the memories of all who witnessed.

The success story continued with Zest, 2014. We began with a bang!!! No, not the big bang, but the exploding athletic talents of students... Cricket, badminton, chess and carrom competitions witnessed many twists and turns and nail-biting moments, and needless to say, many laurels were won! *Prism* for plaster maniacs; *Affiche* for collage artists and *Clashes* for the debaters were the highlights. Moreover, the *Trivia-Maniacs* quizzed and the singers and dancers made the audiences sway to the *Folk Tales*. Yeah, the standards are set. The bar has been raised, expectations are high.. Now! All the new members of our FOD, family of doctors (and to-be)!

Buckle up your belts.... Grab your seats and come along, join this adventure ride... Together, let's continue this beautiful journey forwards.

Mridula (BDS 4th year)



While the brochure for the event has been prepared, invitations are being sent to various colleges across the region. Registrations for the events have begun. The volunteers and conveners are busy conducting auditions and practices for various programmes to enthusiastic participations from the students.



Let's see what our students think

It's a new experience & a time to know our seniors and teachers better...

BDS 1st year student

Zest brings out the fun side of our doctors and helps us realise our hidden capabilities...

BDS 1st year student

Total fun...! The only days when we get a break from those heavy books and assignments..

BDS 2nd year student



It gives us an opportunity to know students from other dental colleges... and to represent our faculty and make them proud!

Intern, FOD

ZEST..... a break from the final year jitters... A joyful therapy after stressfull days of work!

BDS Final Year



Zest- Good times! The practice sessions, the 'Bhaagdaud' part of volunteers, all teachers in a fun mood.... Everything is memorable... but I wish we had a day off post fest.. It does become really tiring for the volunteers ...

Final Year



Faculty of Dentistry

STUDENTS' CHIT CHAT !!

An aura of festivity is here again to stay. The ecstasy, the joy elevates day by day. There's zeal in the air and hope on each heart. Zest the carnival begins with a new start. Let's have a glance at what the FOD novices (BDS I and II yrs.) have to say...

Q1. What are your expectations from Zest?

- ☺ I am ready to groove to the rhythm of Zest...Our own fest. Hope it's better than any other fests.
- ☺ Zest is going to be a great time, I am interested in interacting with students from different Dental and Medical colleges and I hope we have a good level of competition.
- ☺ I am ready to groove to the rhythm of Zest, Our own fest. Hope it's better than any other fests.
- ☺ Zest is going to be a great platform for developing and showcasing talents.
- ☺ For the first time I will get a chance to explore the Jashn-e-Culture of FOD.
- ☺ I wish we have participants from many colleges to make it more fun filled and interesting.

You have to learn the rules of the game and then you have to play better than anyone else.
- Albert Einstein



Q2. Which events are you looking forward to in Zest?

- ☺ I am looking forward to the skit to explore how far can the participants go to unleash their dramatic side.
- ☺ I am greatly interested in dance and music performances as dance is one of the challenging platforms for showcasing talent. Most of the events in Zest are ones in which everyone can participate. Ooh! I am eager for the Calligraphy event.

Q3. According to you which is going to be one of the tough competitions of Zest?

- ☺ Cricket is going to be really interesting, it displays a struggle to win and also because we have a fabulous stadium and an able team.
- ☺ I think Debate because the topic is great for a mighty war of words.
- ☺ *Mehfil-e-Tarana* will be challenging considering the high professionalism in singing these days.

Q4. What is your preparation/ planning for Zest?

- ☺ I am practicing with my team day and night and will give my best to keep my FOD's honour high.
- ☺ East or West my FOD is the best, beware opponents! We will definitely bring the Cup home.

Fatema Sayeed (BDS II yr)
Lubna Ahmad (BDS I yr)

Our Preparation.....!!

As the day draws closer, there is an electric excitement that captures the college. The urgency of preparations and the all the hustle bustle to beat the ever ticking clock has everybody in its grip. The upcoming sports and cultural fest, Zest, is an event everyone has been breathlessly waiting for, for more than a year.



The fest promises to be a milieu of sporting events like: cricket, football, badminton, chess and table tennis as well as cultural events like dance, music, theatre, elocution and art. The fest spanning over four days (3rd to 6th October) is completely packed with activities. The expectations from Zest run high as almost everyone has something to look forward to. The students are rushing to register for all events. Teachers, too, whole heartedly support and encourage the students to enlist for the events. They are everywhere to make sure that every dance, drama and music item is well rehearsed and prepared ensuring that all preparations are par excellence. A number of dental colleges from Delhi/NCR have already registered, Wow! The competition is definitely going to be stiff.

As a second year student, this is our first major college event and the enthusiasm surrounding us is infective: Fest T-shirts have been designed, inauguration details decided and rehearsals are in full swing. Students have joined hands to make this a grand success. All are bringing their Aha! (Attitude, Heart and Aptitude) and it's sure going to be an action packed fest! Read on for more Zest information.

FOD e-Newsletter Editorial Policies

Brains behind Zest newsletter

Dr Neeta Kumar
Dr Aman Chowdhry
Dr Nishat Sultan
Dr Arpita Rai
Dr Natasha Gupta
Dr Anika Daing



The newsletter Editorial staff and its advisory committee is committed to maintain the high standard of integrity in the newsletter that has always been characteristic of FOD.

It will include the range of articles covering college life, events, campus issues, fun etc. All Students and staff of FOD (teaching and non-teaching) can contribute. The editors welcome suggestions, stories, news and opinions from its readers concerning content at the email address of the newsletter given below. The editors have the right to choose and use the submitted material and will make every effort to represent, over the course of time, the diverse interests, opinions and background inherent in the newsletter readership and ultimately to inform readers' outlook of the FOD and to reinforce their commitment to its welfare through this forum.

Statements, research and opinions expressed in the newsletter are those of the contributors or of the editorial staff, and do not necessarily represent the official position of the FOD. We have ZERO tolerance policy to plagiarism.



Contact us at:
newsletterzest@gmail.com





Please find following attachments:

1. *Banner for Zest*
2. *Schedule of Zest*
3. *General Rules & Regulations for Participants*

“ZEST – 2015”

General Rules & Regulations for Participants

The following shall be the rules & regulations for all participants:

- **For Inter-college Cricket Championship, registration fee shall be Rs.1500/- per team and Rs. 200/- per team for other sports events. There shall be no registration fee for the participants for cultural & literary events.**
- Travelling expenses of the participating teams shall not be borne by the sponsoring institution/participant.
- All the teams are required to confirm their arrival time and place, well in advance, so that they can be received at the venue by the volunteers of JMI.
- All participants must carry their registration badges at all times.
- All the participants are requested to bring their identity cards and the letter of approval from their college authority.
- Any event can be deleted or added without any prior notice.
- Participants are allowed to participate in more than one event.
- All participants have to register themselves before the event by phone or by e-mail (see contact details).
- All registrations shall be done on first come first serve basis.
- No cameras shall be allowed. There will be an official photographer who can be contacted for special snaps if needed.
- Any of the events, such as singing, dance etc.should not depict anything which may be derogatory or mayhurt the sentiments of any religion, community, institution or an individual. Any such depiction will result in cancellation of the registration.
- All the participants are required to bring their own kits/ props for each event.
- The following props should not be used in any event: real cigarettes, real knives, guns, liquor, crackers or anyother indecent or dangerous material.
- Decision of the judges shall be considered final for all events.

Contact us:

For registrations/ Queries:

Mail us at: zest.facultyofdentistry.jmi@gmail.com

Call us at: Prof. Sanjay Singh- 08130527639

Dr. Nafis Ahmad- 09990526702

Dr. Harneet Kaur- 09871467002

SPORTS EVENTS

Inter-college Cricket Championship

- One team per college (12 members per team).
- The Entry Fee for the tournament is **Rs. 1500/- per team**.
- Only pre-registered teams shall be permitted to participate.
- There will be Limited over matches.
- All the participants are required to come in proper kit- **WhiteSports Kit**
- Organizing committee shall provide cricket balls (**leather**) for each match.
- Members of playing teams should possess **VALID IDENTITY CARD**.
- All rules in the match shall be subject to weather/ground conditions and the playing terms shall be modified suitably.
- If any team arrives late by more than half an hour, the match would be treated as forfeited and other team shall get a walkover.
- Umpires decision will be final and binding.

Inter-college Badminton Tournament

- Both Single & Double matches shall be conducted.
- Maximum **3 entries per college (2 for singles & 1 for Doubles)** will be allowed.
- Rules of the game will be told at the time of the game.
- Referee decision will be final and binding.
- All the participants are required to bring their own rackets.

Inter-college Carom competition

- Both Single & Double matches shall be conducted.
- Maximum **3 entries per college (2 for singles & 1 for Doubles)** will be allowed.
- Only pre-registered participants shall be permitted in the tournament.
- Set of three games will be played.
- Rules of the game will be told at the time of the game.
- Judges decision will be final and binding.

Inter-college Chess competition

- Time limit of the game is **15 MINUTES** maximum.
- Blit's or bullet format on knock out basis.
- Rules of the game will be told at the time of the game.
- Judges decision will be final and binding.

Inter-college table tennis competition

- Both Single & Double matches shall be conducted.
- Maximum **3 entries per college (2 for singles & 1 for Doubles)** will be allowed.
- There will be 3 sets for the preliminary rounds.
- Rules of the game will be told at the time of the game
- Referee decision will be final and binding.
- All the participants are required to bring their own rackets.

LITERARY EVENTS

“Hieroglyphia”: Calligraphy Competition

1. Participants are open to any one of the languages (English, Hindi or Urdu)
2. Unlimited entries
3. All Participants should carry their own Pen, Board and Ink.
4. Papers [A4 size] and text would be provided.
5. The judges’ decision shall be final and binding. No appeals shall be allowed.
6. Participants should mail their entries by 20th Sept. 2015 to zestliterary2015@gmail.com.

“Q-Zone”: Quiz Competition

1. It will be a general knowledge cum dental quiz.
2. Every team should include 3 participants.
3. Unlimited entries.
4. First round will be a written elimination round. [40 MCQs in 30 minutes]
5. Top four teams of the elimination round will be selected for the final oral round.
6. Participants should mail their entries by 20th Sept. 2015 to zestliterary2015@gmail.com

“VoxPopuli”: Inter-college Debate

1. The debate will be held in two languages- Hindi and English.
2. Every participant will be given 4 + 1 minute.
3. There will be no interaction / interjection allowed.
4. A maximum of four entries per college (two for the topic and two against the topic) will be allowed per language per college.
5. Reading of written speeches will not be allowed. However participants will be allowed to refer to short notes if any.
6. All entries should be submitted by 20th September, 2015 to zestliterary2015@gmail.com.
7. The sequence of participants will be on the basis of randomized computerized allocation.
8. The topic for the debate is –
“TEACHERS AND STUDENTS SHOULD NOT BE ALLOWED TO INTERACT THROUGH SOCIAL NETWORKING WEBSITES.”
“शिक्षकों और छात्रों को सामाजिक नेटवर्किंग वेबसाइटों के माध्यम से बातचीत करने की अनुमति नहीं दी जानी चाहिए!”
9. The judges’ decision shall be final and binding. No appeals shall be allowed.

“Soch”: Creative Writing Competition

1. There will be a maximum of 2 entries per college, per language.
2. The competitors can either write in Hindi or English language only.

3. Participants will be provided with writing papers.
4. Theme for each round will be provided on spot.
5. Top five from the first round will be selected for the final round.
6. For 1st round the participants will have to write in maximum 300 words in 30 minutes and for the final round maximum 500 words in 30 minutes..
7. Entries have to be submitted by 20th September 2015 to zestliterary2015@gmail.com.
8. The judges' decision shall be final and binding. No appeals shall be allowed.

***“Paste & Post”*: Collage Competition**

- Theme: "Say no to Violence against Women".
- Unlimited team entries per college.
- Maximum 2 participants per team.
- The topic will be provided on spot.
- Time allotted will be 30 minutes.
- Chart of 3 X 4 ft will be provided. Participants should get their own material for collage making (News papers, magazines, glue, etc).
- Apart from the caption, no other hand written text would be allowed.
- Entries have to be submitted by 20th September 2015 to zestliterary2015@gmail.com.
- The judges' decision shall be final and binding. No appeals shall be allowed.

***“Insignia”*: Logo Designing Competition**

1. Unlimited team entries per college.
2. The topic will be provided on spot.
3. Time allotted will be 30 minutes.
4. Paper of 8 X 8 inches will be provided. Participants should get their own material for logo designing. Only pens, pencils and colors will be allowed.
5. Entries have to be submitted by 20th September 2015 to zestliterary2015@gmail.com.
6. The judges' decision shall be final and binding. No appeals shall be allowed.

***“Ingenious Dentistry”*: Dental Material Art**

- Unlimited team entries per college.(Maximum 2 individuals per team).
- Plaster Sculptures/ Creative Wire bending/ Carvings (Soap/ Wax) or any other ingenious art out of Dental materials are allowed.
- Participants should bring their own tools/ armamentarium for the same.
- Colours and other accessories for decoration are allowed.
- Use of flowers/ leaves/ animal products and eatables not allowed.
- Caption/ Theme can be given by the participant for their creativity.
- Time allotted: 1 hour.
- Participants should mail their entries by 20th Sept. 2015 to zest.fod.jmi@gmail.com

CULTURAL EVENTS

“Kolam”:The Rangoli Competition

- THEME: **“Festive India...”**
- Only pre-registered teams (1 team per college) shall be permitted to participate.
- Only 3 kalakars/ team shall be allowed
- Floor area 3X3 ft area shall be provided.
- Participants have to get their own colors and decorative materials.
- Use of flowers/ leaves/ animal products and eatables not allowed.
- Time allotted: 1 hour.
- Participants should mail their entries by 20th Sept. 2015 to zest.fod.jmi@gmail.com

“Mehfil-e-Taraana”Music Competition

1. GROUP SONG

- Only one entry per Institution/College is allowed.
- A team has to present one song.
- Maximum 10 members in a group are allowed. There should be at least 4 singers with others as accompanists playing instruments.
- Group song can be in Hindi/English /Regional language.
- Maximum time allowed for the group song is 10 minutes which does not include setting time.
- The setting time for a group should not exceed 3 minutes.
- Judgment of each item will be on the basis of quality of singing only and not on make-up, costumes and actions of the team.

2. VOCAL SOLO

- Only one entry per Institution/College is allowed.
- Time for Stage/Instruments setting is maximum 2 minutes.
- Duration of the song shall be between 4 to 6 minutes.
- The number of accompanist would not be more than two.
- Language of the song can be Hindi/English/Regional.
- Judgment will be made on the qualities like swara, taal, selection of raga, composition and general impression.

3. INSTRUMENTAL MUSIC

- Only one entry per Institution/College is allowed.
- Time for Stage/Instruments setting is maximum 2 minutes.
- Duration of the performance shall be between 4 to 6 minutes.
- The team will be disqualified if it exceeds the time limit.
- The team to get their own musical instruments and accessories.
- Technical assistance will be provided on the stage.

Participants should mail their entries by 20th Sept. 2015 to cultural.zest2015@gmail.com

***“Prahasan”*: A Skit Competition**

- Only one entry per institute will be entertained. First ten teams will be registered on first come first serve basis.
- The theme of the skit should be socially relevant and should highlight social issues.
- No sensitive issues related to religious sentiments should be part of the theme.
- The time allowed to each team is minimum 10 minutes and maximum 15 minutes.
- The size of team allowed is up to a maximum of 20 participants.
- Costume and Props are allowed.
- Organizing committee shall not provide any Costume/Props.
- Use of any kind of indecent language or gesture and any objectionable props are STRICLY prohibited.
- The contestant may opt for a suitable dress.
- The decision of Judges will be final and binding.
- In case participants exceed the time limit Judges shall be free to disqualify the team. The organizing Committee reserves the right to change the venue, time and rules, if desired.

Participants should mail their entries by 20th Sept. 2015 to cultural.zest2015@gmail.com

***“Shaam-e-Raqs”*: Inter-college Dance Competition**

SOLO AND GROUP DANCE

- Only one entry per University/Institute/College is allowed for each form.
 - Maximum 10 participants allowed per team for a group. The team may consist of all boys, all girls or a combination of both.
 - The number of accompanists permissible is three.
 - The dance should be either primitive/folk dance (Indian Style)/classical dance/semi classical.
 - The team has to bring their own music CD's or pen drives.
 - Duration of dance should not be more than 7-10 minutes for both the group and 5 minutes solo performance.
 - ONE COPY of brief note giving the theme and the text of song if any is to be submitted along with the entry form at the time of registration.
 - The participating team will be responsible for removal of their sets/properties etc. immediately after the completion of their performance from the stage.
 - Judgment will be based on Rhythm, Formation, Expression, Costumes, Make-up, sets and on overall effect.
 - Time for sets/Instruments setting is maximum 2 minutes.
 - In case participants exceed the time limit Judges shall be free to disqualify the team.
- Participants should mail their entries by 20th Sept. 2015 to cultural.zest2015@gmail.com

TEAM REGISTRATION FORM

1) NAME OF THE UNIVERSITY:.....

2) Event Category:.....

3) Number of Participants:

NAMES OF THE PARTICIPANTS:

Sr.No.	Name of the participants (please write your name as you would like it to be written on the Certificate, Check the spellings, (write in block letters)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13.	

SIGNATURE OF STUDENT CO-ORDINATOR

IMPORTANT: PLEASE MAIL ONE COPY OF THIS FORM IMMEDIATELY.

“ZEST – 2015”

3rd- 6th October, 2015

Date	Time	Event	Venue
03.10.2015 & 04.10.2015	8.30 am	<i>Reporting of Teams for all sports events</i>	Jamia Sports Complex
	8.45 am 9.00 am – 6.00 pm	<i>Inauguration- Sports events</i> <ul style="list-style-type: none"> • Inter college cricket Championship • Inter college Badminton Tournament • Inter college Chess Competitions • Inter-college Carrom Competition • Inter College Table-tennis tournament 	
05.10.2015	9.00 am- 10.30 am	<i>“Kolam”</i> The Rangoli Competition	Safdar Hashmi Amphitheatre
		<i>“Insignia”</i> The Logo design Competition <i>“Hieroglyphia”</i> : Calligraphy Competition	
		<i>“Soch”</i> : The Creative writing Competition	Dr. M A Ansari Auditorium
	10.30 am- 12.30pm	<i>“Vox Populi”</i> Inter-college Debate.	
	12.30 pm- 1.00 pm	<i>“Q-Zone”</i> Inter-college Quiz Competition- (Elimination Round)	
	1.00 pm - 2.00 pm	Lunch	
	2.00 pm- 3.00 pm	Inauguration by Prof. Talat Ahmad, Hon’ble Vice-Chancellor, JMI	Dr.M.A.Ansari Auditorium
3.30 pm- 5.30 pm	<i>“Shaam-e-Raqs”</i> :Inter-college Dance Competition		
06.10.2015	9.00 am- 10.30 am	<i>“Ingenious Dentistry”</i> : Dental Material Art	Safdar Hashmi Amphitheatre
		<i>“Paste & Post”</i> Collage Competition	
		<i>“Q-Zone”</i> Inter-college Quiz Competition- FINALE	Dr.M.A.Ansari Auditorium
	10.30 am- 1.00pm	<i>“Prahasan”</i> :Inter-College Skit	
	12.30 pm- 1.30 pm	Lunch	
	1.30 pm- 3.30 pm	<i>“Mehfil-e-Taraana”</i> : Inter-college Music Competition	Dr.M.A.Ansari Auditorium
	3.30 pm- 4.30 pm	Faculty/ Intern Event- <i>Baitbaazi</i>	
4.30- pm- 5.00 pm	Valediction		



Faculty of Dentistry

OCTOBER 15th, Issue No: 6*So here we are...*

Not to mark the end but the beginningof a new hope ...a new era wherein Zest 2015 has set yardsticks for all of us to match in the forthcoming years.

Ever since I had taken over as Dean, Faculty of Dentistry, I had envisaged the stage of Zest to be my first informal association with the students of our Faculty. I consider myself fortunate to be a part of this four day long festival showcasing the talentthe capabilities of our students that remain hidden under their academic liabilities....to witness the zeal of not only our students but of our faculty who have worked hand in hand with their prodigies to render immeasurable success to this event.

This year we were host to 10 dental institutions with over 600 contestants and team members participating in various sports, literary and cultural events. We saw so many students sharing one platform, exchanging their cultures, ideas, learning sportsmanship in celebrating victory as well as accepting loss exhibiting their vigor and enthusiasm not only in participation but also in organization and execution of events.

Opportunities have been plenty but their earnestness to seek, to learn and above all to savor each moment with passion, has surpassed them all. A special mention to all faculty members who have taken the responsibility entrusted upon them with complete dedication a major reason for the immense success of Zest this year. Heartfelt thanks to all of you for treating this event as your very own and giving it the personal touch, it so long needed....

A big first this year, our venture of Newsletter marked the induction of paperless dissemination of information meant to spread widely, each day of Zest. I sincerely appreciate the team Newsletter for being on their toes each hour of each day, to report all the happenings, declare results as well as keep the readers engaged with their contests and editorials.

I thank each and every member of my teaching, non teaching departments and above all my students because! If not for you Zest would not exist. I sincerely urge my students to take the reins of "Zest" in their hands from next year, of course under the guidance of their teachers.

Zest 2015 indeed proved true to its meaning. A time for initiatives! a time for friends! a time for culture and art and above all a time for fun.....

God Bless you all...

Prof. Saranjit Singh Bhasin
Dean, FOD



*Finally the curtain falls*

Left behind is months of hard work and labour, days of camaraderie between faculty and students in conceptualizing and preparing and hours of hosting panorama of events for THE FINAL FOUR DAYS.

I am sure, everyone will be in sync with me to endorse "ZEST-2015" as a perfect blend of creativity, literary enterprise, sporty action, mind games and hard to miss the quotient of glitz and glamour. As the euphoria settles, all I can recall is how it all started...

Main akela hi chala tha Jaanib-e-Manzil magar...

Log saath aate gaye aur caravan banta gaya!



I cannot say I was alone but yes, we were handful bunch of faculty members with the vision and zeal of our respected Dean, Dr Saranjit Singh, to begin with. However, what started as a small enterprise soon gained momentum after a little coaxing and cajoling of students and allocation of responsibilities to all our faculty members. Soon...the sponsors started pouring in and that set the ball rolling.

Sincerely and honestly, I express my heartfelt gratitude earnestly to each and every faculty member who as conveners have done their bit in an exemplary manner. Believe me, you all have raised the bar of our inter-college festival at par with any national level festival, in terms of smooth conduction, adherence to time schedules, impeccable management of participants and absolutely no hogwash that usually spoils the flavor, in any of the events. Our H'nable Vice Chancellor in his address was also impressed with the massive participation of colleges and after listening to the beautiful recital of "Jamia-e -taraana" by our students, on a lighter note mentioned "Singing Dentists "to be a more viable choice for treating patients in current times.

There were many firsts this time in Zest- 2015. For the very first time, it was conducted for four days with ample time given to sports, cultural and literary events. "Too much of a good thing can be wonderful!" and it indeed proved to be wonderful. And the result that we saw was huge- A participation of 10 dental colleges and over 600 students marked the laudable success of Zest 2015. Another first was the commencement of paperless e- newsletter with the idea of using electronic media to reach out to the public with a purview of societal consciousness for a greener environment. It was primarily to circulate information of everyday events of Zest and results. I must congratulate the team who have done a commendable job working round the clock to report the facts timely, giving them some interesting twists and turns like "Guess the picture contest". Congratulations to the team!!!

Now for my dear students....

"At the end of the day, let there be no excuses, no explanations, no regrets."

Only thing that remains is some memories and some lessons learnt ...

Dear students, this was indeed your chance to witness the power and magic of fellowship...be it in winning or losing you all stood together. On the stage what we experienced was not a chance outcome: it was one on which you showed us how professional you could be after countless hours of rehearsal and hard work. Whether it was a euphoric intern batch presenting a *Qawwali* for the last time on the floor of Zest or it was fresh first year struggling to make their presence felt amongst other batches, I am sure each moment was worthwhile andmemorable.

Now , to mention a few important lessons you learnt...

"Winning isn't everything--but wanting to win is."

Honing your talents and cultivating them is equally essential as your interest in academics. For those who were actively involved in organization of events, this is your stepping stone to leadership and managerial skills. It was a time for exchange of ideas and culture from students of diverse backgrounds, boosting your confidence from your strengths and learning from your shortcomings. Foremost was humbleness and hospitality that you mastered while hosting your fellow teams and contestants.

You are the life and soul of this festival. I urge you to take the reign of Zest in your hands from next year so that we all can sit back and cheer for you....

Hip Hip Hurray!!!!

For each and every faculty member...staff...participantStudent and who were even remotely a part of team Zest'15.

With a beaming smile and proud heart... I sign off...





OCTOBER 15th, Issue No: 6

Warm greetings from FOD newsletter

What Zest2015 has taught us?

Life is all about three things:
Winning, Losing and Sharing

Winning others Heart....
Losing Bad things and
Sharing Happy Moments with Near and Dear ones
That's Life....!!

In true sense with Zest2015 we have achieved what Albert Einstein said!
“Education is not the learning of facts but the training of the mind to think”

Read on what our readers have to say.....

Editor
Dr. Neeta Kumar



Team Newsletter Zest 2015



Adieus ZEST

Happy times come and go but the memories they leave behind last forever. As our former President Dr APJ Abdul Kalam had commented on his college days that "today when I look back marks never make me laugh but memories do." Yes friends you guessed it right our journey through Zest 2015 has been entertaining, inspiring, thrilling but above all it has given us ample cheesy moments and sweet memories to cherish for the rest of our lives.

Our life's busy schedule keeps us in constant motion,
Hustling and bustling; running to and fro,
Every minute staring at the watch and the floor.

Totally unaware of our short lived existence,
Always on the verge of getting into repercussions.

Memories light up this boring mundane life,
Making our existence easier, and filling us with delight;

Isn't it fascinating how a single moment can trigger,

Millions of cells of the grey matter.

Some make us blush,

Some make us cry,

But despite their nature -

They are always a pleasure.

Well apart from memories and moments
Zest has given us great lessons for life!!!

Encouraged the introverts to open up and taking the talented ones to a higher level of confidence and not to forget a display of hidden talents from unexpected people.

Overall these 4 days have been a real feast with total freedom from the pressurizing studies.

Student Editor
Fatema Sayeed, BDS II YR

Growing Bonds...

As it was my first experience of attending Zest, I was excited yet apprehensive as to how will this four day carnival unfold. It all began with the Sports events which left most of us speechless for a while. I had no clue how the events would unfold! and wasn't even acquainted with most of my peers. As the events progressed, I felt a closeness with many of my classmates. We all came together and were united in that wondrous moment. The Zest days were full of joy and we all captured memories in our hearts as well as our phones!!
Zest gave me the opportunity to get to know my friends differently and made me realize that we all have that spark within us, we just need to give ourselves a chance.

Lubna Ahmad
BDS Ist Year





OUR TEAMS





Zest 2015





Creativity at its best

Faculty of Dentistry



Smeety and K lawampui from Inderprastha Dental College very innovatively recreated the jamia logo using dental material-dental plaster. They were highly praised by the judges

After coming to Jamia Millia Islamia, this was my first 'ZEST'. And I'll say it has been a Zestfull experience of my life and I heartily enjoyed being a part of it and participating in it.

STUDENT BUZZ

Akarsh Tiwari, BDS First year Choir member, Inaugural and Valedictory Committee

The Zest 2015 has been a fun filled enlightening journey where we witnessed a display of a plethora of talents. Apart from the nail biting competitions and mind blowing performances it was a great relief from the daily mundane routine and study pressure. It is my humble suggestion that some more events should be added to the competitions list like 'Add SpooF', 'Just a Minute' and Extempore competitions in the cultural and literary events .Moreover in the Sports Event in future live commentary on cricket and anchoring for other sports competition would garner more interest on the part of the viewers. Overall Zest 2015 has been a great experience and has given many memories to cherish for the future.

Fatema Sayeed, BDS II year Translator, Holy Quranic Verses

Reflections

Undoubtedly, Zest 2015 was the best. The amazing participation response from students hailing from various dental colleges as well as the enjoyment quotient was altogether a new level of festivity! Despite of the tiresome moments, everyone is still reminiscing the beguilement of the 4 day long Festival. From team organizations to auditions and practices, everyone geared up for this event in their own possible way. Our teachers took out their valuable time to organise and look over the happenings, motivate students for more and more participations and inspire them to come out of their coy and lax zones. Seeing the students performing & our faculty members in an altogether new frolic groove was totally an amazing experience which has left us with innumerable joyful memories.

Anam, Intern FOD

Next Zest'16 team! Are u listening?????

Zest 2015 was well organized but most of us would agree on the fact that a small stall for refreshments must be set up so that the participants from outside dental colleges can at least purchase a bottle of water. Provision of refreshments for free may not be possible but they can at least be kept for purchase! :)

- Faculty and students



ZEST 2015 : A Whirlwind

Faculty Reflections....

ZEST 2015 was a cartwheel of fun, frolic and creativity. It would have been much more so with 100% student participation. There has to be more of student bonding across all the batches.

In the coming year, some more events can be added gradually. For creative sections, Mehendi art , Nail art, Poetry recitation, Portrait Sketching and Painting can be started taking into consideration time and space available. The choir members should become the peer instructors for their juniors and should participate in the consecutive years also .

The ideal time of hosting ZEST is February. By that time the first year batch goes through the teachers' day celebrations, freshers' party, and farewell of interns and becomes sensitized to social events of the institution. This will result in more participation from their side during ZEST.

"Our memories of yesterday will last a lifetime. We'll take the best, forget the rest, and someday will find that these are the best of times."

"Hasta la Vista"

Dr Anuradha Sharma

Convenor, Inaugural and Valedictory Committee.

OCTOBER 15th, Issue No: 6

Valediction

Valediction - ZEST 2015 , saw the lovely Megha Mohanan , elegant Saleha Mansoob and creative Vanshika Jain , ushering in the 'Kaleidoscope' : an audio - visual poetic treat of triumphant , creative moments . Solemn , inspiring , creative, debatable , musical and dramatic visuals shimmered before our eyes , making us relive all events that took place in the past four days ... *Inaugural , Q Zone, Shaam-e-Raqs Vox-Populi , Soch , Prahasan, Kolam , Hieroglyphia, Ingenious Dentistry, Insignia, Paste & Post, Mehfil-e-Taraana.*

This led to the felicitation ceremony of the organising committee members, which was followed by their impromptu dance session.

Singing of the National Anthem with the FOD Choir team brought the curtain down on ZEST - 2015 .

Team Valedictory Committee





Well...a lot has been said by the students....how they thoroughly enjoyed the four day carnival.....ZEST!!! BUT ...dear readers....let me tell you...even the Faculty enjoyed a lot!!!!

Starting from the organising, to allocating tasks to various groups of students, to creating banners, designing logos, requesting and inviting various judges for the competitions, and now to finally pen down the thoughts.....it's been truly amazing!!

It was a break even for us....enjoying all the events, applauding for the winners, boosting the morale of our students....

This was truly evident from the fact that the Judges who came to judge the Music competition, took the stage and sang..... Students favourite Dr Aman Chowdhry, on public demand, also presented a song..... Our very own Dr Nafis Ahmad got nostalgic and presented *Shayari* remembering his college days.....but the icing on the cake was when the versatile and enthusiastic Organising Secretary, Dr Sanjay Singh, invited all the Faculty members to shake a leg.....and our Dean Sir, Dr Saranjit Bhasin, joined the Teaching Staff and danced!!!! Where do you actually get to see this.....

Everybody was happy and even on the last day.....teachers as well as students were fully charged.... A foundation has been laid and we wish that the success story just gets endless with the years to come.....

**Best wishes.....
Dr. Nishat Sultan**



OCTOBER 15th, Issue No: 6

**Hope & Scope:
Preparing for the Zest next year!!!!**

Cultfest is the best time of the year for all of us! A time when we rack our brains for events, languish our mouth with applause and value time for enjoyment. An amalgamation of talent, creativity and enthusiasm. And yes, Zest 2015 proved it all!!.....But really is that all???or "*Dil maange more*". The bar is raised with each passing year and as we close the curtain to the Zest 2015, we have already started to ponder about what better or different next year??? Well firstly it is now time to pass the baton to the students. So for the carnival next year, let them set the stage and organize the events. After all young brains...will surely come up with something *hatke!* Next year won't it be good and interesting to see faculty also participating in some events ,may be skit or hitting notes in Quwali or perhaps putting their grey cells in action in Quizzing zone. For that matter non teaching members of our FOD family can also be encouraged to showcase their talents. For creative minds and all those passionate for arts , lets hope that next zest gives you a chance to participate in array of more fine art events like poster making, graffiti, tattoo making, sketching, mehendi, flower arrangement etc. Well not every event requires talent and knowledge some are just for fun!!!Introducing informal games like tug of war, darts, bollywood quiz, dum charades can indeed take fun and participation quotient to another level.

We all love selfie right? Wouldn't it be exciting to have an event based on selfie next year! Everyday of fest, best selfie depicting "fest fever" gets to win and gets a special coverage in newsletter!!And for the coming year we are surely looking forward to get a treat not only for our eyes but also for our palate!!Some refreshment counter serving snacks to munch will surely be welcomed!!

"So get going and move forward and wait to uncover the fun next year!!

Dr Anika Daing

From The Editor's Desk

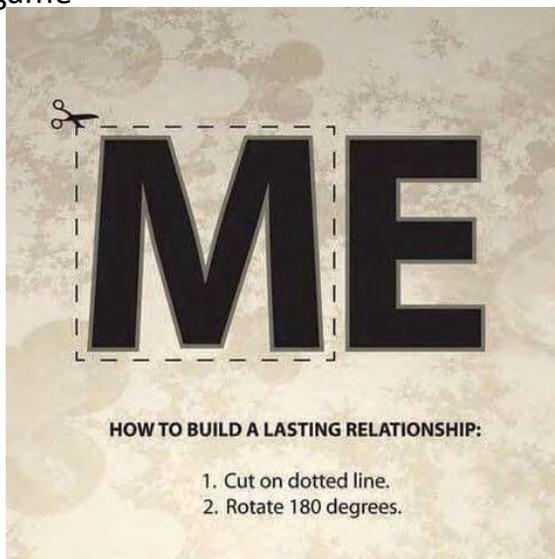
As we come to an end of a hectic weekend filled with sports and games, we are progressing well on preparation for cultural events for next two days. .

Our students' and faculty teams are ready, have their work divided and are progressing well..... What are we doing for next two days?

Rehearse...Rehearse...Rehearse....

The challenge is to find the balance between fun and learning. The greater challenge is to keep up everyone's morale up till the end, keep everyone pampered and in good mood. This is how we are going to build lasting relationships...

Let's take a kitkat break and play this small game



3. What do you see?

keep up the team spirit !!!!!

See you all on Monday.

Dr Neeta Kumar

newsletterzest@gmail.com



Reporting Team

THE ARMOUR OF A SPORTSPERSON

A catch here, a goal there, Cheering with gusto everywhere! He takes a basket, she hits a shot; Adrenaline rush keeps us glued to the spot.... A positive perspective towards challenges, the curiosity to learn from mistakes, inculcating the importance of discipline and time management, the true spirit of team work, humility, both in victory and defeat, and most importantly, to persevere against all odds is what defines a true sportsperson. Victory and loss define the art of balance, both invariably coexist. If someone wins, the other has to taste defeat. Bearing defeat isn't everyone's cup of tea but one has to learn from it, improvise and overcome their shortcomings. To be knocked down to our knees and then to rise again with valour and courage is the true glory. Be it Milkha Singh , Mary Kom or Sachin Tendulkar all have climbed their way to victory by conquering all odds.

Lubna Ahmad ,BDS 1st Year

Mridula Sood, BDS 4th Year

Highlights of today...



The weather was clear and the pitch perfect, It set the tone of the cricket finale.

There was a mighty war, of the bat and the ball.

There was excitement in the cricket alley. The two teams had already proven their calibre yesterday wherein the School of Dental Sciences, Sharda University defeated Inderprastha Dental College and FOD, JMI defeated Maulana Azad Institute of Dental Sciences.

The finals were held today in the morning at the Jamia Sports Complex. It was a fifteen over match. The toss was won by Sharda University who elected to field first. The innings of Jamia was opened by Anand Dixit (captain) and Israr Ali, Talha Ahmad bowled the first over for Sharda University. The batting went on smoothly until the first wicket was run-out by Sagar. Anand Dixit played quite well and scored 37 runs, the highest for his team. Mustafa Khan showed exceptional bowling as he took 4 wickets in 3 overs with just 11 runs. By the end of fifteen overs, the scoreboard stood at 85-8. After a break of 10-15 minutes the second innings began, and it began with a bang for Jamia. Both the opening batsmen, Sagar Verma and Sahdev Bhati were sent back to the pavilion in the first over itself. A very strong partnership between Rohit Sharma (captain) and Mustafa Khan was seen in the middle of the match. The match was completely in grip of Sharda University till the wicket of Mustafa was caught by Dilshad. Responsible batting was seen by the captain, Rohit Sharma who scored 19 runs. Farhan from Jamia nabbed 4 wickets in three overs for just 4 runs. He even managed a maiden over with two wickets. It was a nail biting moment as the match went in it's final over where Sharda University needed 12 runs with two wickets in hand. Farhan bowled the final over and the team of Sharda University was all-out with four balls remaining. It was a very interesting competition and both the teams played really well. Ultimately the Jamia team brought the trophy home It was a proud moment for all present.



GLIMPSES OF TOMORROW

Lets' take a peek what all is there tomorrow.

INAUGURAL SESSION

ZEST 2015 **A time to rejoice , a time to be merry , beckons its inauguration on the fifth day of October 2015 .

At the outset , the blessings of the Almighty shall be sought , with the traditional recitation of verses from the Holy Quran and its translation .Then our ‘ teething dental surgeons’ shall take us to our land of hopes , land of dreams by the musical rendition of Tarana - e - Jamia , under the able guidance of Zeeshan Zameer .

We look forward to the inspiring presence of the Honourable Vice Chancellor of Jamia Millia Islamia , Prof Talat Ahmed , amidst us , as the Chief Guest .

With the blessings and good wishes of all , we shall step into the festive mood and make the event a memorable one .

Inaugural team, Zest2015



“Guess the Picture Contest”
Contest No#: 2



Qs: Identify the site from where this picture was taken??

Answers should be to the point

and be mailed to: newsletterzest@gmail.com

SCHEDULE FOR TOMORROW



DATE	TIME	EVENT	VENUE
05.10.2015	9.00 am- 10.30 am	“Kolam” The Rangoli Competition	Safdar Hashmi Amphitheatre
		“Insignia” The Logo design Competition	
		“Hieroglyphia”: Calligraphy Competition	
		“Soch”: The Creative writing Competition	
	10.30 am- 12.30pm	“Vox Populi” Inter-college Debate.	Dr. M A Ansari Auditorium
	12.30 pm- 1.00 pm	“Q-Zone” Inter-college Quiz Competition- (Elimination Round)	
	1.00 pm - 2.00 pm	Lunch	
	2.00 pm- 3.00 pm	Inauguration by Prof. Talat Ahmad , Hon’ble Vice-Chancellor, JMI	Dr.M.A.Ansari Auditorium
	3.30 pm- 5.30 pm	“Shaam-e-Raqs”:Inter-college Dance Competition	



GOODBYE ZEST 2015

Surpassing all expectations! Zest2015 was an exciting, friendly sphere to be a part of, one that will be greatly missed by the leaving interns, thrillingly discovered by the incoming freshers and duly enjoyed by those in-between.

The end of such festivals brings with it bittersweet feelings: pride in how much our students have accomplished, concern over how much more might have been accomplished had things been different, eagerness about how they will fare in their next zest, and even a bit of melancholy over the good byes that are always a part of the end.

A small dot can stop a big sentence. But few more dots can give continuity..... so we shall meet next year and next year and so on. We shall continue to grow our collaborative network among students of Faculty of Dentistry, Jamia Millia Islamia and other medical and dental institutes of Delhi NCR that Zest has created with the twofold aim of sharing and learning.

We express our warm and heartfelt "THANK YOU" to all of you who have made Zest2015 possible for the FOD as well as all the great work that has gone unmentioned in this newsletter, to fulfil its mission "to improve the teaching and learning experience of our students" in JMI. Whilst at times it was hard graft, now that it is finished it is something to be savoured and enjoyed with pride and fully merited satisfaction.

I finish by a quote from Nobel Prize Laureate William Faulker: 'Make footprints, not monuments – monuments say 'at least we got this far', while a footprint says 'this is how far we got before we moved on again'

Editor

Dr Neeta Kumar

Cheers FOD!!

*"Coming together is a beginning. Keeping together is progress. Working together is success".
The entire team of Zest 2015 has left no stone unturned in ensuring the event's inevitable success.
The events were a hit with the participants, who responded enthusiastically and were the vital role-players in the events being so successful.*

God bless each one of you!!

Love and Good wishes

Editor

Dr Aman Chowdhry

Faculty of Dentistry

OCTOBER 6th, Issue No: 5

Today, As we Wrapped up Zest 2015, I was wondering what is the real purpose of all these events. How does it change us as a person and what do we learn ?

Let's seek the answers below :)

As humans we all are different. Differences make us stand out , they make us unique. But sometimes we tend to compare ourselves to others. As an individual we all are special , there is something distinctive and noteworthy In each one of us. Happiness is very subjective. Some might achieve joy by watching a movie while for some it might be about scoring good marks on a class test. But the greatest for of contentment comes from within ; the true satisfaction of being oneself is truly incomparable. So Friend's It's time we take risks, accept ourselves, venture into the new and open the Pandora's box that lies within us.

The World My Friend, is a mirror so clear
 It captures each laugh , each joy each Tear
 Delicate gentle it reflects what you Show
 It has seen your journey , it has seen you grow
 As you tilt your head and look in there
 The girl in the mirror stands and stare
 As You glance closely you notice her more
 Her spirit is broken due to reasons galore
 When you step away from her you see her do the same
 It's the girl from the mirror without a name
 Just a mirror away she still stands there for long
 She now has to decide the right and the wrong.
 You try to befriend her and stretch out your Hand
 And you see her coming closer where you stand
 Now the dryness of her face is slowly melting away
 With the warmth of your words and things you had to say
 Those Eyes now sparkle amidst the dark
 You see the sun rising above the sky lark
 As you now begin to change and laugh the hardships away
 The girl does the same even if you don't say
 Day by day you see her blossom into a soul so glad
 She has dropped the baggages she always had
 That girl you see is no one but you
 She undergoes metamorphosis by whatever you do
 So Make sure you're joyous and smile the pain away
 You'll then see the happy girl in the mirror is there to stay.

Lubna Ahmad
Student Editor, BDS 1st year.





Today's action.....



**Events held in the Amphitheatre in an open arena****Ingenious Dentistry**

It is rightly said that Dentistry is an amalgam of art and science. The last day of Zest 2015 began with an event related to the course itself- the Dental Materials. The Dental Material art competition required students to showcase their knowledge in the form of an "art". The number of participating colleges were 15 and students exhibited their artistic credentials with a play of dental materials creating exquisite "Plaster art", "wire bendings" and "wax carvings". Dr Hafeez Ahmad and Dr Murli were the judges of the event. Students tried their best to combine their passion and profession and use their skill as a weapon to win the battle. It was indeed a treat for the eyes!!! Team Manav Rachna Dental College won the first prize followed by Ajay from FOD, Jamia at second position and IP Dental College at third position.

Paste and Post

As the name suggests, the "Paste and Post Inter-college competition" showcased a synthesis of assorted pictures and paper clippings depicting an allusive artwork on the theme 'Stop Violence Against Women'. Thirteen teams participated in the competition, and the event was judged by Dr. Samina Bano (Asst Prof; Dept of Psychology, JMI) and Dr. Madhuri Sawai (FOD, JMI). The participants had to show creativity and presence of mind to generate something out of the box and they very successfully did that!!

Vidhi Sareen from Inderprastha Dental College won the first prize while a team from FOD, JMI (Ruhee, Saleha, Zeeshan) bagged the second prize.

Events in Ansari auditorium**Q-ZONE**

The inter college Quiz competition began on the 5th of October in the M.A Ansari Auditorium where total 27 teams actively participated. The contest involved an initial MCQ round with 30 questions and a time limit of 20 minutes where a total of four teams were selected to compete with the final on stage event.

The teams selected were: Team A - FOD JMI, Team B - ESIC Dental College, Team C - FOD JMI, Team D - Maulana Azad Dental College. The Quiz had a total of eight mind boggling rounds which left the audience and the participants scratching their heads. The various rounds were - Visual, Muhavra, Audio, Rapid Fire, Emoji round, Buzzer round and Video Round. All the rounds were very fascinating the round which was very innovative was the Emoji round today social media has become a part and parcel of life whatsapp and facebook and all others are incomplete without the fun filled emojis. In this round the participants were supposed to guess the medical term as depicted by the emojis.

The competition enthralled the audience immensely, as they were forced to put on their thinking caps for the questions which ultimately left them asking for more.

After the various rounds. The brainpower of Team FOD, JMI (Mariyam, Arshi and Hala) defeated other teams and bagged the first prize. Team Maulana Azad dental college (Angad, Apoorva, Divya) secured 2nd Position. Team ESIC Dental College stood at the third place followed by Team FOD, JMI (Mahwish, fatima and Akshi) at 4th position.

The best part was for the question passed by the teams was so "zestfully" answered by the audience who were rewarded the chocolates so skilfully delivered by our very own oral surgeons of FOD who were conducting the Quiz.!!

**PRAHASAN: Lights Camera and Action,:**

***They sink into their role with passion,
Props in place, the stage is set
This treat to the soul we will not forget.***

Dramas act as a mirror to society, they educate the society with their bold social message. The Jamia inter college skit competition 'Prahasan' kick started on 6th October around 12pm at the M A Ansari Auditorium. It saw a panorama of talents with a total of seven colleges participating with three teams from the host college. It began with a *Nukkad natak* titled 'Yuv Tantra' by ITS Dental College. Next in line was a skit by FOD, JMI highlighting the sensitivity of our profession and impact of 'medical negligence' on common people of our country. The Maulana Azad Institute of Dental Sciences also dealt with a highly relevant social issue which greatly affects the youth of our country-smoking. Followed by a performance on importance of daughters-even today in the Indian society despite the enactment of laws and awareness female infanticide is common, this play stressed how important it is to educate daughters as they in future will educate the society. Inderprastha Dental College chose to be different from the rest and emphasized the importance of our creators our parents. The last two performances focused on how corruption has become the nucleus of our existence, every step honest people are overpowered by treacherous greedy people. The play on corruption by Inderprastha Dental College had been adapted from a Hindi story 'Bholaram Ka Jeev' where the poverty stricken central character despite his retirement was not receiving his due pension.

Certainly those who participated, they wanted to win!!! But as far as the audiences were concerned, everybody thoroughly enjoyed!!!!

The auditorium was echoing with the applause from the representatives from the various colleges when their colleagues were performing....

The Judges for the event were Mr Adnan Bismillah (JMI) and Mr Md Faisal (FOD, JMI) who had a tough time judging as all the performances were very impressive and highly appreciated by the audience. The social message delivered was very clear and left the audience chanting 'Soch badlega toh Desh badlega'.

MEHFIL-E-TARAANA: Inter College Music Competition

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to the listener. The Inter college Music competition 'Mehfil-e-Taraana' was held on the 6th of October during the afternoon amidst a packed M.A Ansari Auditorium.

This musical extravaganza embraced a splendid participation from various dental colleges like Manav Rachna Dental College, ITS Dental College and Uttaranchal Dental College with a total of 14 vocal solo and 4 group song performances followed by two instrumental performances. Some of the participants that won the hearts of the audience were Ragini from ITS Dental college who gave a soulful performance on *Tujhse Naraaz Nahi Zindagi* and Mora Saiyyan while Iqra from JMI captured our hearts by singing *Pal Pal* from Munna Bhai MBBS movie.

The judges for the event were Prof. Shridhar Kumar and Dr. Shuby Abidi. Amongst the Solo performers, Sharda from FOD, JMI won the first prize. She mesmerized the judges and the audience by her heart rendering performance of the song 'Moh Moh ke dhaage' from the movie *Dum Laga ke Haisha*. It was an unmatched performance. Many of the performances were every well synchronized in terms of singing and music in the form of Guitar, Our nightingale, single handed, without any musical instrument filled the auditorium with a melody.

Harsh Gupta representing SGT Dental College stood second and the third position was jointly shared by Dhruva from Inderprastha Dental College and Barkha from PDM Dental College. Among the Group Performances the winners were Ragini and group representing ITS Dental College, Vidhi and Group from Inderprastha Dental College secured second position.

The Music Competition was a truly delightful and melodious event; a complete treat to the ears and soul. Each note struck a chord in the heart of the viewer transforming them to another world. The seven notes of music created a symphony reaching its zenith and left the audience completely enchanted. After all a wise man has said 'without melodies and harmony my life would be totally empty'

Qawwaali

One of the most anticipated and exciting events of Zest 2015 was the Qawwaali performance by the interns. It was held on the last day of Zest in the M.A Ansari Auditorium and saw energetic and vibrant performances by all interns of the Faculty of Dentistry, JMI. It was a non competitive and suave event that showcased a Qawwaali combat of interns enthralling the audience with a lyrical war. Students were overjoyed to see the senior most members as lively and Colourful individuals and merrily cheered for them. The auditorium reverberated with thunderous applause throughout the event amplifying the spirit of Zest, as the four day festival moved towards its terminus.

This event was nowhere mentioned in the Programme schedule of "Zest15" and it was such a pleasant surprise!!!!

The performance of our very own Dr Nafis Ahmad who shared his memories of his student life.....He presented some *shayari*.....A loud message that its not the students onlybut our Faculty members were no less Zestful!!!!All the students were in an awe and we were sooo proud!!!!

Winners of "Guess the Picture Contest NO#: 3"

Md Arshad Iqbal (2nd year)



*Moments to remember***Prahasaan: Skit***Backstage*

As the main event of the day grew closer, the excitement began to mount. With three teams from Jamia Millia Islamia participating, everybody was scurrying around making the last minute changes, getting the props ready, adjusting the costumes, rehearsing the lines and applying make up.

Anxious participants were hectically pacing the steps of the auditorium, waiting for their turn. With eight team participating in all, the green room was jam packed.

Participants comments**Prince Rathee, PDM College, 2nd years**

“Jamia gave us a platform to showcase our talent. Even though our team didn’t win a prize, we are more confident of ourselves and would love to participate in Zest again.”

Akshita, MAIDS, 3rd year

“the event was very well managed and went by smoothly. Thankfully, there were no glitches in the sound system. The most wonderful part of the event was that everybody was so cooperative and helped us with the props. Our experience was amazing and fun filled. Hopefully, we will be a part of Zest next year as well.”

Contributed by : Vartika Chadda BDS II yr

valediction

“In the end, its not the years in your life that count, its the life in your years “ –Abraham Lincoln
The enthralling 4 days of fest came to an end with the valediction ceremony. The ceremony started with a glimpse of the four days of the fest in the form of a video titled ‘Kaleidoscope 2015’ it was a wonderful collection of memories in the form of photographs capturing moments of joy, excitement, enthusiasm along with some cheesy kitkat ones. Some days are sooo eventful!!!! IT was so evident through that presentation....everybody wondered that so much had gone through these four days!!!

It was followed by felicitation of the Faculty members who had organized the different events for Zest by the Organizing Chairman Dr. Saranjit Singh Bhasin and Organizing Secretary Dr. Sanjay Singh. They were enthusiastically cheered by the students as they walked on the pedestal to receive their certificate of honour.

‘Nothing is ever really lost to us as long as we remember it’, in life it’s always the memories which count in the end. The Valediction ceremony was a reflection on the spent fun filled days of the fest and an acknowledgement for the hard work done by the Faculty and students.

Our Dean Professor Saranjit Singh delivered the vote of Thanks and greatly acknowledged the role of the Organizing Secretary Professor Sanjay Singh for the tremendous effort in taking Zest to the zenith of success. He also mentioned that in near future he wishes FOD, JMI to be listed among the top ten Dental colleges of our country. The seeds of Zest 2016 were sown in this valediction function as Dr. Saranjit and Dr. Sanjay Singh echoed the sentiment that this event should be organized by the students themselves from next year onwards.

The students were in for a surprise when Dean Sir requested the Faculty to dance on stage which ended up being extremely memorable moments for the FOD Jamia family. Finally the ceremony ended with a tribute to our Mother India with the whole gathering singing the National Anthem. All good things come to an end; the end was also enjoyed as the beginning completing the circle of events.