

Editorial

Mahatma Gandhi Mission's Dental College is currently in the midst of its annual college festival and the students are nose deep into organizing and participating in the festivities. College festivals are a part of the fabric of any institute and students revel in them. The theme this year was 'Go Green' in sync with preserving the natural environment around us. Watching the buzz around made me ponder and 2 interesting analog thoughts breezed through my mind.

Firstly in some uncanny way we as guardians of oral health are meant to preserve the 'greens' of the oral cavity. How we are meant to scavenge out the garbage from the deep recesses of the stoma and preserve the health of the foundational tissues; how we advocate to our patients to refrain from 'cariogenic' foods to prevent the rot of those pearly whites. And if we do not preach prevention we should. Preservation and prevention should be the cornerstone of our thought processes rather than the mere restoration of the 'lost'

The second visual that spurred a thought in my grey cells was the enthusiastic participation of the staff. Some of them being key contributors to the scientific articles in the past issues of our Journal. It was interesting to see them let go of their inhibitions, egos and get fully involved in the festivities. They say '...we never really grow up, we only learn to behave in public...' and watching these staff completely endorsed that thought.

And how true it is of the much clichéd adage, '...all work and no play makes Jack a dull lad'. In this super paced life of ours it sometimes is essential to pause and take a breather now and then. Management gurus the world over advocate a 'balanced life' of both work and time to one's self and family. And that exactly was my second thought; the importance of that very philosophy.

As clinicians or academicians we all are very busy and from an academic point of view the 'teacher' has so much on his plate with mentoring students, documenting and publishing scientific data that it becomes empirical to work with a cool mind by balancing out his time well. Ken Blanchard in his best seller 'The One Minute Manager' propagates how to effectively manage the one key asset given equally to all, 'Time' and how you can achieve this by simply changing your lifestyle. This book is much recommended for everyone who wants to get their life organized, but thinks they have no time to begin. Balancing all aspects of our life is an art, a quality one must strive for. Coping with stress around us is fundamental is keeping a healthy mind and a healthy sound mind is the reservoir for all scientific ideas that emanate into good scientific writing and delivery.

So the question lies in amalgamating these 2 ideas. Can we be the care takers of oral health by promoting the aspect of 'prevention before restoration' and while doing just that can we do the same with a serene mind. So go ahead and be a part of something you love, we only live once take up some activity and divide your time fruitfully. Be the balanced 'Jacks' doing some work and some play...all the time!! And while you are at it and have achieved your mental calmness do jot down your next article for this journal...!

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