

# Dear Reader,

I have been quite busy for the past six months, travelling to different countries to attend various scientific conferences and official board meetings. I enjoy travelling the most when I also have the opportunity to learn and share professional knowledge and skills while doing so. Most of my national and foreign travels this year were related to my lectures and official meetings, as well as to the promotion of aesthetic dentistry.

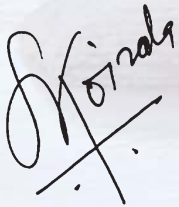
For the last ten years, I have advocated the Vedic Smile Concept and its protocol amongst our colleagues and encouraged them to incorporate its core principles—health, honesty, harmony and humanity (4H)—in their daily practice in order to ensure happy and healthy patients, employees and practice owners. The concept adopts the naturo-mimetic principles to harmonise the mind, body, behaviour and surroundings (MBBS) of a person by enhancing his/her smile with minimal intervention.

During the course of my international lectures, I have always received many enquiries about the concept. Most of these enquiries were from participants wishing to adopt it in their daily practice, which encouraged me to start a five-day Vedic Smile Dentist Programme in Nepal. The programme is part of the Dental Knowledge Tourism (DKT) initiative developed by the Vedic Institute of Smile Aesthetics and offered as part of the *Visit Nepal 2011* package. DKT is a unique concept in continuing dental education programme (CDE) that creates a wonderful opportunity for dental professionals who love travelling and wish to advance and share their knowledge and skill for better patient care.

CDE is mandatory in developed countries; however, it is still in the process of approval in South Asia. Dentists seeking to earn mandatory CDE points can now book a DKT package and travel along with their family to Nepal, one of the world's most popular tourist destinations. I personally believe that the concept of DKT can help foster harmony between business and family.

I am confident that you will enjoy reading this issue of **cosmetic dentistry**, which includes a variety of clinical articles, and welcome your valued feedback!

Yours faithfully,



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