



Dr. Naresh(Nick) Mohindra*

Recollections of my days at Duke.

“I am indebted to the sound teaching I was privileged to receive at Duke of Gloucester. This helped me cope with the demands of my first year at Edinburgh University Dental School. Although it was my first year, I had been exempted from the first year of the course and had to cope with a range of subjects I had never previously studied. The grounding of Duke of Gloucester served me well in this respect.

I visited the school in 1995 and was surprised to see that it did not appear to have changed much at all. The quadrangle where we had our morning assembly was just as I remembered it. It was a pity it was closed when I visited, as I am sure it would have brought back many more memories. I could visualise the tennis courts, the cricket pitch and athletic field all of which brought back happy memories. Fortunately I am able to reminisce with my old friend Prabhat Garga, with whom I shared a desk throughout my time at Duke of Gloucester, and from time to time we meet up with some other DoG alumni/friends.” Naresh Mohindra Duke of Gloucester Class of 1965

**** Nick Mohindra qualified as a dentist from Edinburgh in 1969. After gaining general dental experience at a number of practices in London he relocated to South Wales in 1973 to undertake a practice principal position. Dr. Mohindra remained at this practice until 1980 when an opportunity arose to become principal of a practice in Kent, which he successfully developed into a five dentist general dental practice.***

During this period, Dr. Mohindra was also appointed vocational trainer and remained a trainer over a nine-year period.

In addition to this role, he lectured to postgraduate groups at the Kent and Canterbury Hospital and vocational trainees. Dr. Mohindra also lectured to postgraduate groups at Liverpool University and to BDA groups in the South East. In 2006 he presented a lecture at the ADI annual conference. Since then he has lectured at the World Aesthetic Congress, the London anti ageing conference, at Florence University and to various groups of dentists throughout the UK.

In the 1990's Dr. Mohindra developed an interest in TMD (temperomandibular disorder) syndrome, which led him to working with and researching difficulties faced by edentulous patients, which in turn led to an interest in facial aesthetics. In 1999, Dr. Mohindra decided to leave general practice to concentrate his work in this field and to set up Added Dimension Dentistry in London, where he continues his work. The Dentalfacelift involves increasing the height between a patients' teeth, which results in more pleasant proportions to the face. The technique is carried out with a plastic pivot in the mouth initially which can be modified.

Dr. Mohindra has had papers published in the British Dental Journal. The results of these papers show that patients can look between five and twenty years younger as a result of this groundbreaking treatment which involves no surgery. The British Dental Health foundation described this work as heralding “a new phase in cosmetic medicine.” Dr. Mohindra's latest development is Oralift Facial Rejuvenation, a non surgical, effective anti ageing treatment.