

Your chance to make a difference with the AOG

The AOG is a charitable organisation that provides dental professionals a chance to 'give something back' to the community. It all started back in the 1970s's with dental students at the London Hospital in Whitechapel, who formed a friendship and study group called themselves the AOG – originally an acronym for 'Asians on Guinness'!

Since then the group has grown and developed in ways those students could not have foreseen, becoming a fantastic source of social networking, peer review and bespoke courses. The AOG today is a magnet for like-minded dentists of all ages, backgrounds, and past experience, offering an opportunity for anyone to belong to something bigger than just themselves.

Various AOG activities are also arranged throughout the year, designed to raise awareness and donations to improve the quality of life of those in less fortunate situations. These include Summer BBQs, Annual Balls and sporting days, providing fun and games for all the family to enjoy. All funds raised are sent directly into the various projects supported by the AOG, enabling the continuation of sustainable projects in developing communities around the globe.

In the past, AOG members have contributed to the building of schools in Sri Lanka, supported a treatment centre in Chitrakoot India, and founded a dental and educational unit at the Lake Victoria Disability Centre in Musoma, Tanzania. Improving the quality of life of thousands, the AOG is dedicated to its work *Towards The Greater Good*. Members have also been able to attend various international conferences and events, gaining valuable experiences while helping the local professionals advance their dental skills.

In April 2013, the AOG is offering a trip to Delhi in the North of India, to attend the Clinical Innovations Conference (CIC). Available for anyone, you would arrive in Delhi on 5th April, and the basic three-day trip would include all hotel transfers to and from the conference, with optional tours of Delhi available for any spouses or family members who wish to accompany you. The Conference is designed to help local dental professionals develop their education and learn new skills, which could potentially help them save lives. In developing countries such as India, every piece of knowledge and equipment is crucial for local communities to survive, with the estimated ratio of dentists:patients as low as 1:10,000!

Not only will you have the opportunity to attend the Conference and be a part of the international dental industry, but you will also be able to see a part of the world that you may not otherwise get the chance to visit.

As everyone interested in such a trip may be looking for different experiences from it, there will be two extension packages available in addition to the basic three-day Tour. The first of which includes visits to Khajuraho, Chitrakoot and Varanasi. On the last day of the CIC, those taking this extension will fly to

Khajuraho, where you will visit the impressive *Western Group of Temples*, before travelling South West to Chitrakoot for an afternoon. The journey will then continue on to Varanasi to experience the earthen lamps of the *Aarti (prayer) Ceremony* at the Ganges. A boat cruise will then take you to *The Golden Temple* in the morning, followed by an excursion to Sarnath – where Lord Buddha delivered his first sermons about the principles of Buddhism – bringing the trip to an end on 13th April.

The second extension option sees you fly to Kochi after the CIC, to visit points of interest such as the *Dutch Palace*, the *Jewish Synagogue*, *St Francis Church* and the *Santa Cruz Basilica*. A drive down the stunning Kerala coastline past the traditional 'Chinese Fishing Nets', will take the group to Fort Kochi to discover the Dutch and Portuguese influence in Southern India. You will then have the opportunity to learn about India's history of tea plantations in Munnar, before moving on to the beautiful Periyar. Home to unending hills, spice-centred plantations, free-roaming elephants and bays and a fascinating wildlife sanctuary, this enchanting place will provide the perfect way to wind down and become one with nature. From Periyar, you will spend the night on one of Kumarakom's famous houseboats, before cruising through an intricate maze of truly memorising backwaters. Once disembarked, you will have time to explore the majestic canals, streams and lakes of Kumarakom. This magical Tour will finish on 13th April, when you will fly back to London and reality!

Whether you would like to just attend the International CIC, or would like to include an exploration of India at its very best, the AOG is offering something for you. You have the opportunity to experience the local Indian life and traditions and lay eyes on some of the most breath-taking scenery in the world, while supporting and contributing to such an influential event as the CIC. Help the AOG help others, and contact the AOG for more details.

To find out how you could help while gaining the experience of a lifetime, or to join the AOG for free, please visit www.aoguk.org