



AUGUST 2025 | Issue No. 48

Mahatma Gandhi Mission's Dental College and Hospital
KAMOTHE, NAVI MUMBAI.

अपनी खबर

FREEDOM

Freedom is more than the echo of history—it is the pulse of the present. While August reminds us of India's hard-fought independence, freedom extends far beyond the struggles of a nation. It lives in the everyday choices we make, the courage to pursue knowledge, the resilience to overcome limitations, and the right to dream without boundaries.

For us at MGM Dental College, freedom is found in the curiosity of a student unafraid to ask questions, the innovation of a researcher striving to redefine possibilities, and the compassion of a healer restoring dignity and smiles. It is the liberty to think, to create, to grow, and to uplift.

True freedom is not just the absence of constraints, but the presence of opportunities. It is the voice of equality, the spirit of responsibility, and the power of unity that shapes a brighter tomorrow.

As we celebrate this theme, let us remind ourselves: Freedom is not a gift to be taken for granted, but a flame to be nurtured—within our country, our communities, and ourselves.

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Dean's desk : Freedom

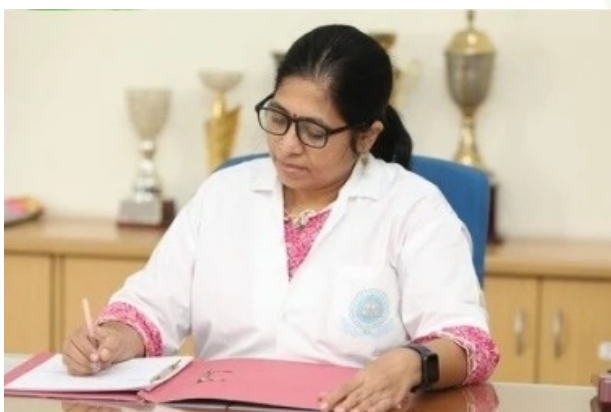
Dear Students and Readers,

As we bring to you another edition of our college newsletter, it gives me immense joy to reflect on this year's theme—Freedom. While August will always remind us of the invaluable sacrifices that earned our nation its independence, the essence of freedom goes far beyond the pages of history.

For each of us at MGM Dental College, freedom is the space to learn without fear, to question with curiosity, and to grow into responsible professionals who serve society with both skill and compassion. It is the freedom to innovate in our practices, to explore research without boundaries, and to contribute positively to the ever-evolving field of dentistry.

But freedom also carries responsibility. True independence is not just the right to choose, but the wisdom to choose rightly—for ourselves, for our patients, and for the community we are part of. It is when we balance liberty with accountability that we realize the true power of being free.

As you read through this issue, I encourage you to reflect on what freedom means to you—not only as a student or professional, but also as an individual shaping the future. May you continue to nurture this spirit of independence in your thoughts, actions, and aspirations.



DR. SRIVALLI NATARAJAN,
DEAN MGMDCH,
HOD- DEPARTMENT OF ORAL AND
MAXILLOFACIAL SURGERY

Subeditor's say : Freedom

Dear Readers,

The theme of this edition—Freedom—is both timeless and deeply personal. While our nation's independence remains the foundation on which we stand, freedom also finds expression in many subtle yet powerful ways in our daily lives.

As students, it is the freedom to learn, to make mistakes, and to grow from them. As teachers, it is the freedom to guide with creativity, to inspire curiosity, and to nurture future professionals. As individuals, it is the freedom to think openly, to respect diversity, and to pursue our aspirations with courage. At MGM Dental College, we see freedom not just as a privilege, but as a responsibility—to use our knowledge and opportunities to serve society with compassion and integrity. May this spirit of freedom continue to inspire us within classrooms, clinics, and beyond



DR. SARIKA SHETTY, PROFESSOR,
DEPARTMENT OF PERIODONTICS

Faculty's say : Freedom

Dear Readers,

Freedom is often spoken of in the context of nations and history, but as educators, we see its meaning unfold in our classrooms every day. True freedom lies in the ability to think independently, to question constructively, and to express ideas without hesitation.

For our students, freedom is not merely the absence of restrictions—it is the presence of opportunities. It is the chance to explore beyond textbooks, to embrace research and innovation, and to shape their professional journeys with integrity and purpose.

At MGM Dental College, we believe that education itself is an act of liberation. It frees the mind from ignorance, opens pathways for service to society, and empowers us to transform lives through the science and art of dentistry.

As faculty, our greatest role is to nurture this spirit of freedom—guiding students not only to acquire skills, but also to use them responsibly for the greater good. May we continue to walk together on this path where freedom meets knowledge, and knowledge creates impact.

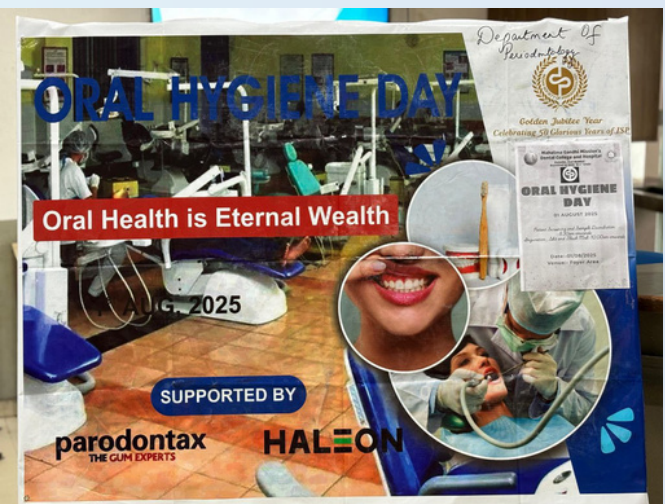


DR. TRUPTI NAYKODI
LECTURER
DEPARTMENT OF PERIODONTICS

Oral Hygiene Drive

“Healthy Mouth, Healthy Life”

Oral Hygiene Week was observed at MGM Dental College and Hospital Navi Mumbai from 1st August to 7th August 2025 with the objective of creating awareness on the importance of oral health and promoting preventive practices in the community. The week was filled with impactful activities ranging from patient care to community engagement, ensuring participation from students, faculty, and the public.



1st – 7th August: Screening, Community Camps & Toothbrush Distribution

Daily oral screening camps were conducted both within the institution and in outreach areas.

Around 2000 patients were screened over the course of the week.

Wooden toothbrushes were distributed to patients, students, and community members to encourage eco-friendly oral hygiene practices.

Community outreach programs were carried out in schools and rural areas, where demonstrations of correct brushing techniques, interactive awareness sessions, and hygiene kit distribution were undertaken.

7th August: Skit and Flash Mob

Skit on Oral Hygiene: Students performed a thought-provoking and entertaining skit emphasizing the importance of maintaining good oral hygiene in daily life.

Flash Mob: A vibrant and energetic flash mob was organized in a public area to capture attention and spread the message “Healthy Mouth, Healthy Life” to the masses.

Gender Sensitization Programme



Internal complaints committee, MGMDCH organised a **gender sensitisation programme** on the occasion of **world breast feeding awareness week**. Dr. Manasi Padhyegurjar , professor of department of Community Medicine , MGMMC , Panvel , took a lecture on “**invest in breastfeeding, invest in future**” , for teaching non-teaching and post graduate students of MGMDCH. The program gave an insight for the proper way of child nurturing which encompasses, providing care, attention and support to children to foster their healthy growth and development. The lecture was focused on the importance of the breastfeeding, reality of the formula milk companies, and bursting the myths about the breastfeeding in the society



Women's Empowerment



The Women's Empowerment Committee of MGMDCH, in collaboration with Lions Club, Kharghar, organized an enlightening lecture on Women's Empowerment and Passive Income Opportunities for the teaching staff.

As part of the program, Ms. Bhavna Gupta addressed the non-teaching staff, encouraging them to explore creative avenues such as Rangoli making, Rakhi crafting, and other handmade skills. She highlighted how these talents can be transformed into work-from-home opportunities and marketed effectively through the NGO platform.

The session inspired participants to embrace their creativity, explore new sources of income, and move towards financial independence and self-reliance.

Compassion in Action : Umeed's Campaign Against Animal Cruelty



UMEED – the Animal Welfare Club of MGM Dental College – marked another milestone in its journey of advocacy and awareness through its Campaign Against Animal Cruelty. This initiative reflected the club's deep commitment to empathy, legal awareness, and civic responsibility in animal protection. Over 125 enthusiastic student members, guided by faculty and dignitaries, carried banners, placards, and slogans echoing compassion for animals.

It was conducted to raise awareness about animal cruelty laws, responsible coexistence with stray animals, and the importance of reporting abuse. The rally drew attention from passersby, commuters, and local residents, who stopped to engage with the message of humane treatment of animals. Volunteers distributed informational pamphlets highlighting The Prevention of Cruelty to Animals Act and ways to contact local welfare organizations in case of emergencies.

Following the rally, participants assembled at the APJ Abdul Kalam Auditorium, for an impactful awareness lecture session.

The program was presided over by **Mr. Vijay Rangare, President of People For Animals (PFA),** Mumbai, and featured key speakers:

- **Mr. Aditya Patil** – Wildlife Rescuer, who spoke about urban wildlife conflicts and rescue operations.
- **Mr. Sanket Bhatt** – Animal Activist & Dog Rescuer, who shared insights on community responsibility in stray animal care.
- **Mr. Raiz Shaikh** – Avian Behaviour Advocate, who emphasized protection of birds and reporting of cruelty cases.
- **Ms. Rabiya Bustani** – Cruelty Investigation Officer, PFA Mumbai, who highlighted the investigation process in cases of animal abuse and the legal responsibilities of citizens.

Each session educated students on practical aspects of animal welfare, including the legal framework, helpline networks, and the power of youth activism in creating systemic change



Mindful Morning



Mindful morning, an initiative taken by the counselling committee. Recognising the need for inner calm, clarity and emotional regulation amidst academic stress, this month focused on equipping teaching and non-teaching staff with tools for self awareness and mental resilience.

The program commenced with a dedicated session on introduction to mindfulness and self awareness with teaching and non-teaching staff, explore the significance of being present in the moment & its impact on stress management and emotional well-being.



National Librarian's Day



On the occasion of the Librarian day, which is celebrated on 12th August in India to commemorate the birth anniversary of PadmaShree Dr. S. R.

Ranganathan, the father of Library science in India, Rabindranath Tagore, Dental Central Library, in association with MGMDCH celebrated this day with great enthusiasm to honour the vital role libraries, play in promoting knowledge, literacy, and lifelong learning.

The event commenced in the journal section of Rabindranath Tagore dental Central Library with the participation of students, faculty members, and library staff. The program was formally inaugurated by Dr Srivalli Natarajan, dean of the College and Dr R. P. Dixit University, librarian and chief guest of the program. Both dignitaries paid tribute to PadmaShree Dr. S. R. Ranganathan and emphasised the continued relevance and evolution of libraries in the digital era.

The event concluded with the launch of new Digital initiative and engaging activities marked as a significant step forward in the library's commitment to accessibility and innovation.

Session with innovation and startup Ecosystem Enablers - An Industry Academia Program

The session featured Dr. Shakti Upadhyay, founder and CEO of TRISAMYA, Institute for Photomedicine, as the distinguished speaker. Dr. Upadhyay provided a comprehensive overview of TRISAMYA's Photo-LED technology, a prime example of a start-up leveraging innovative research to address clinical needs. He explained how the technology utilizes specific light wavelengths to stimulate cellular regeneration, reduce inflammation, and accelerate the healing process. Attended by both faculty and third-year dental students, the session served as a dynamic platform for gaining insight into a cutting-edge, non-invasive treatment modality. The interaction was further enriched by a dedicated question-and-answer round, which allowed participants to delve deeper into the entrepreneurial journey and the scientific principles behind the technology. The engaging discussion underscored the critical link between scientific research and its application in creating viable, impactful solutions in the healthcare market. The event concluded with the speaker being honored with a certificate of appreciation, recognizing his valuable contribution to fostering a culture of innovation within the institution.



Field Visit at Trisamya Center for Photomedicine



A field visit was conducted at TRISAMYA, a photomedicine center in Kharghar, specializing in Photobiomodulation (PBM) therapy. The center employs a non-invasive, LED-based technology that uses specific visible light frequencies to stimulate cellular activity. This therapy, also referred to as Photo-Immunomodulation (PIM), is designed to modulate the immune system, promote tissue repair, and reduce inflammation. They have a team of Dermatologists, Physiotherapists, and Cosmetologists in-house.

During the visit, faculty members posed several key queries concerning the practical and ethical aspects of establishing a medical device-based practice in their various fields. A significant portion of the conversation was dedicated to the Ethics Committee (EC) for any research or clinical investigations. The faculty also inquired about the specific inclusion and exclusion criteria for patients, which are crucial for ensuring patient safety and the integrity of treatment outcomes. This included discussions on conditions like photosensitive epilepsy, pregnancy, or the presence of tumours, which are often considered contraindications for PBM therapy.

Anti-Ragging Week

In order to prevent ragging, UGC has declared 12 August 2025 to 18 August 2025, as anti-ragging week and 12th August as Anti ragging day.

To support the initiative, MGMDCH celebrated anti - ragging week.

EVENTS celebrated over the week are-

Day -1 - Inaugural Ceremony
Flash Mob
Photo Booth

Day -2 - Reel Competition
Slogan Competition

Day -3 - Logo Design and Poster Competition

Day -4- Orientation Lecture
Documentary screening
Prize Distribution

Inauguration Day

The Anti-Ragging Committee of MGMDCH observed Anti-Ragging Week, inaugurated by our respected Dean, Dr. Srivalli Natarajan, in the foyer area. In her address, she highlighted the serious consequences of ragging and its negative impact on students' mental health.

The Literary Committee presented a powerful skit portraying the harmful effects of ragging and reinforcing the institute's zero-tolerance policy. This was followed by an address by Dr. Sarika Shetty, who urged students to uphold values of respect and empathy.

The program concluded with a vibrant flash mob by the Dance Committee, delivering an impactful message on the causes and consequences of ragging through their performance.



Skit Performance



The Literary Committee of the College Working Committee (CWC) of MGM Dental College and Hospital successfully organized an impactful Skit performance on “ Effects of Ragging “ on-account of Anti-ragging week on 12th August 2025 in the Foyer area.

The skit was moving and impactful , kept the audience engaged and delivered a powerful message about the effects of ragging and the consequences of ragging. The foyer area echoed with applause and reflective silences as they took in the message conveyed through the skit.



The skit stood as a testament to strict zero tolerance policy towards ragging at MGMDCH. It not only encouraged friendly behavior among seniors and juniors but also warned about the consequences of ragging.



Flash Mob



The Dance Committee of MGMDCH organized a powerful Flash Mob performance as part of the Anti-Ragging Week Celebrations.

The performance creatively showcased the serious consequences of ragging through expressive dance moves, dramatic storytelling, and impactful choreography. It served as a strong reminder of the importance of fostering friendship, respect, and inclusivity within the campus.

The flash mob not only entertained but also spread a thought-provoking message, leaving a lasting impression on the audience and reinforcing the commitment of MGMDCH towards a ragging-free and safe environment.



Photo Booth



The Artville Committee of MGMDCH organized a vibrant Photo Booth in the foyer area on the occasion of Anti-Ragging Week.

The booth was open to all students and faculty members, giving everyone an opportunity to capture fun, candid, and memorable moments. With thoughtfully designed props and a creative backdrop, the initiative not only brought smiles but also spread the important message of unity, friendship, and a ragging-free campus.

The photo booth turned into a lively corner of joy, where participants came together to celebrate camaraderie, positivity, and the spirit of togetherness that defines our institution.



Slogan Competition



The Literary Committee of the College Working Committee (CWC) of MGM Dental College and Hospital successfully organized an exciting slogan writing competition.

The event was a vibrant and thought-provoking celebration of creativity and expression. With the power of just a few words, participants captured big ideas, strong emotions, and impactful messages, proving that a slogan isn't just a phrase, but a spark that inspires change.

Participants unleashed their creativity on paper, with the freedom to express their slogans in any style, language, or form they desired. Each entry carried a spark of originality. Some witty, some powerful, and some deeply thought-provoking. The slogans brimmed with imagination as students translated their ideas into impactful one-liners that resonated with clarity, conviction, and creativity.

Esteemed judge Dr. Sarika Shetty evaluated the entries with keen insight, appreciating the creativity, clarity, and impact of each participant's slogan. Her thoughtful feedback and words of encouragement added immense value to the competition, inspiring participants to continue expressing themselves with confidence and originality.



Logo Design and Poster Competition

The Artville Committee of MGMDCH organized a Logo Design and Poster Competition as part of the Anti-Ragging Week celebrations.

Students showcased their artistic talents by creating thought-provoking posters and impactful logos that reflected the message of a ragging-free and inclusive campus. All the entries were collected and beautifully displayed in the foyer area, turning it into a vibrant gallery of creativity and awareness.

The initiative not only highlighted the students' imagination and design skills but also spread a strong social message, reinforcing the collective stand of MGMDCH against ragging.



Seminar on Anti-Ragging and Prize Distribution

The week concluded with an Anti-Ragging Seminar conducted by **Dr. Neha Singh**, Member of the Anti-Ragging Committee, MGM Medical College Nerul , Navi Mumbai

- The session provided legal insights, preventive strategies, and encouraged open dialogue.
- This was followed by the screening of short anti-ragging films sourced from the UGC website, offering impactful narratives on the emotional and legal consequences of ragging.
- The program concluded with a Prize Distribution Ceremony recognizing winners of various competitions held throughout the week.



Social Media Campaign & Leadership Message



- A Social Media Awareness Campaign was launched, with students sharing reels, slogans, posters, and logos under institutional hashtags.
- A special video message by Dean, Dr. Srivalli Natarajan, was circulated across college platforms. She emphasized the college's zero-tolerance policy towards ragging and encouraged students to uphold mutual respect and inclusivity.

Flag Hoisting Ceremony

MGM Dental College & Hospital, Navi Mumbai, commemorated the 79th Independence Day with solemn pride and patriotic fervour. The celebration aimed to honour the sacrifices of freedom fighters, reinforce constitutional values, and inspire students to contribute meaningfully to nation-building through healthcare and community service. Faculty members, undergraduate and postgraduate students, non-teaching staff, alumni, and invited guests participated enthusiastically.

15th August 2025, was a grand and patriotic event, reflecting the spirit of unity and love for the country. The college premises were decorated to give it a festive. The event at 9am. NSS volunteers and staff members all gathered at the venue, in front of MGM medical college. All the volunteers were dressed in white, symbolising unity and devotion.

The ceremony commenced with a soulful prayer song, invoking blessings for the nation and its citizens. This was followed by a warm and heartfelt welcome address by Dr. Pankaj Londhe, setting the stage for the patriotic fervor that would ensue. The highlight of the event was the flag hoisting accompanied by the National Anthem, which filled everyone present with immense pride and reverence.

Following the flag hoisting, Dr. Pankaj Londhe delivered an inspiring speech, emphasizing the importance of patriotism and dedication towards the nation. His words resonated deeply with the audience, particularly the students.

After the event everyone, participated in the Har Ghar Tiranga event, by clicking photographs with the hoisted flag.



Spirit of Freedom

Freedom flows in our veins.

The spirit of India forever reigns"

On the occasion of Independence Day, 15th August 2025 ,the team of Musical strings had released "Spirit of Freedom"-a music video on its YouTube channel "Choir32". It consists of patriotic songs like teri mitti mai mil jawa,bharat humko jaan se pyara hai,saare jaha se accha,ae mere watan ke logo to ignite the patriot in each one of us.



Session on “Nuances in, Secondary Rhinoplasty”



Professional development programme titled “nuances in secondary cleft rhinoplasty” was conducted by Dr Purnima Aiyer, renowned plastic surgeon with more than two decades of experience in the speciality .

The program had addressed all the nuances pertaining role of secondary cleft rhinoplasty in comprehensive care of cleft patients and have targeted postgraduate students, faculty, and private practitioners from the field of oral surgery.

Total 30 delegates had come for the programme. Dr Purnima Aiyer had covered the following topics, Anatomy and Esthetic analysis of Cleft Nose, Surgical approaches and Grafting techniques in Rhinoplasty and clinical examination session and the range of procedures specific to cleft deformity patients.



Dental Check-up Camp at Taloja Central Jail



The Dental Check-up camp at Taloja Central Jail was organised by the department of Public Health Dentistry of MGMDCH.

In total 101 inmates were screened for the Dental disease. Those with the severe dental disease were referred to the MGMDCH, and those with the Deleterious habits were counselled for the topic of habit and adapting good oral hygiene practice.



Extension Activities

Sr. No.	Date	Camp Site	No. of Beneficiaries
1	01/08/2025	ANC Camp at MGM Medical Hospital	32
2	02/08/2025	TBR Camp , Roha	250
3	03/08/2025	Shree Bhalleshwar Temple	39
4	06/08/2025	ANC Camp at MGM Medical Hospital	22
5	07/08/2025	LRTPS Kamothe	658
6	07/08/2025	Shri Narayan Baba Charitable	23
7	08/08/2025	ANC Camp at MGM Medical Hospital	17
8	10/08/2025	Shree Bhalleshwar Temple	21
9	12/08/2025	LRTPS Kamothe	1275
10	13/08/2025	ANC Camp at MGM Medical Hospital	16
11	14/08/2025	ANC Camp at MGM Medical Hospital	41
12	14/08/2025	LRTPS Kamothe	902
13	18/08/2025	ANC Camp at MGM Medical Hospital	17
14	21/08/2025	Shri Narayan Baba Charitable	24
15	22/08/2025	ANC Camp at MGM Medical Hospital	47

Extension Activities

Sr. No.	Date	Camp Site	No. of Beneficiaries
16	23/08/2025	TBR Camp Bal Asha Bandra	34
17	23/08/2025	TBR Camp Bal Asha Bandra	30
18	24/08/2025	Shree Bhalleshwar Temple	24
19	25/08/2025	ANC Camp at MGM Medical Hospital	5
20	25/08/2025	Shree Dttani School Borivali	925
21	26/08/2025	Taloja Central Jail	101
22	29/08/2025	TBR Camp Bal Asha Camp	43
23	30/08/2025	Shree Bhalleshwar Temple	20
24	31/08/2025	ShreeBhalleshwar Temple	103

Gram Sabha Event - Shivansai Gram Panchayat

On the occasion of Independence Day, a Gram Sabha was organized at Shivansai Gram Panchayat under the initiative of **Unnat Bharat Abhiyan**.

The program began with the flag hoisting ceremony, followed by a patriotic atmosphere where all villagers, students, and officials participated. After the flag hoisting, a speech was delivered by the dignitaries highlighting the importance of Independence Day and presenting the monthly agenda for village development.

The following key initiatives were discussed and proposed during the Gram Sabha:

HPV Vaccination Drive – To provide HPV vaccines for prevention of cervical cancer, ensuring better women's health in the village.

BLS (Basic Life Support) Training – To be conducted for ASHA workers, equipping them with emergency response skills and lifesaving techniques.

Health and Welfare Awareness – Ensuring proper information dissemination so that every villager is benefitted from ongoing and upcoming healthcare programs.

The event concluded with a note of commitment towards the overall health, education, and progress of the villagers, with active participation and support from the Gram Panchayat members, villagers, and UBA representatives



Gram Sabha Event - Sangurli Gram Panchayat

The Gram Sabha meeting was successfully held at Sangurli Gram Panchayat by **Unnat Bharat Abhiyan**. The event witnessed active participation of villagers, local leaders, ASHA workers, teachers, students, and members of the Unnat Bharat Abhiyan team. The meeting began with a welcome address by the Gram Panchayat officials, followed by a discussion on village development and health initiatives.

Key highlights of the agenda included:

Health Awareness & HPV Vaccination – The importance of HPV vaccines for preventing cervical cancer was discussed. A proposal was placed to make HPV vaccination available for all eligible individuals in the village.

BLS (Basic Life Support) Training for ASHA Workers – A practical training plan for ASHA workers was announced to strengthen emergency response skills and improve community healthcare readiness.

Community Participation – Villagers actively shared their views, showing eagerness to support the health initiatives and to encourage participation in upcoming programs.

The event concluded with a vote of thanks and a commitment to implement these programs effectively with community cooperation.



Gram Sabha Event -Waje Gram Panchayat

The Gram Sabha meeting was successfully held at Waje Gram Panchayat by **Unnat Bharat Abhiyan**. The event witnessed active participation of villagers, local leaders, ASHA workers, teachers, students, and members of the Unnat Bharat Abhiyan team. The meeting began with a welcome address by the Gram Panchayat officials, followed by a discussion on village development and health initiatives.

Key highlights of the agenda included:

Health Awareness & HPV Vaccination – The importance of HPV vaccines for preventing cervical cancer was discussed. A proposal was placed to make HPV vaccination available for all eligible individuals in the village.

BLS (Basic Life Support) Training for ASHA Workers – A practical training plan for ASHA workers was announced to strengthen emergency response skills and improve community healthcare readiness.

Community Participation – Villagers actively shared their views, showing eagerness to support the health initiatives and to encourage participation in upcoming programs. The event concluded with a vote of thanks and a commitment to implement these programs effectively with community cooperation.



Meetings with NGO's

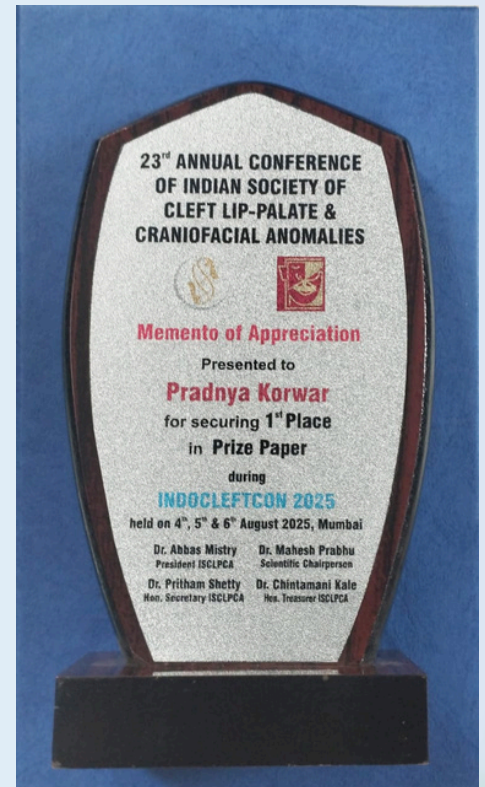


Meetings with NGOs were planned where Dr. Khushboo Taori Modi presented various social initiatives under Sevaconnect with an aim to collaborate with MGMDCH for long-term social exposure for dental students through structural projects.

The meetings were focused on the agenda of health camps in collaboration with NGOs and exploring other possible areas of partnership



Awards and Achievements



Dr Pradnya Korwar secured 1st place in scientific paper presentation during the conference at INDOCLEFTCON 2025

Awards and Achievements



On the occasion of **Independence Day celebration** at MGMIHS, MGM dental College students secured **2nd place** in dancing competition.

Sejal Mane

Harsha Satpute

Aditi Gorhe

Sanika Shah

Priyanshi Chhajwani

Shreegeeta Singh

Nandini Khataavkar

Awards and Achievements



In IDA's Annual Badminton Tournament, Shailvi Bang and Siddhi Solanki secured **1st** rank in Women's doubles

In IDA's Annual Badminton Tournament, Siddhi Solanki secured **1st** rank in Women's singles.



Quotes of the Month

***If you want to live a Happy Life ,
Tie it to a Goal , Not People or
Things.***

***The meaning of life is to find your
gift , the purpose of life is to give it
away.***

***Sport is about achievements.
Art is to touch and move others on
a personal level.***