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

अपनी खबर

NATIONAL DOCTOR'S DAY

Every year, on July 1st, India observes National Doctors' Day to honor the life and legacy of Dr. Bidhan Chandra Roy, one of the most celebrated physicians and the second Chief Minister of West Bengal. This day is a heartfelt tribute to the dedication, compassion, and relentless commitment of doctors who serve as pillars of healing and hope in our society. In the realm of dentistry, too, we celebrate the hands that restore smiles, the minds that diagnose beyond the surface, and the hearts that choose to serve with empathy. As budding professionals in this noble field, let us remember that medicine is not just a science—but a calling. This month, let us salute every doctor—past, present, and future—and strive to uphold the values that make this profession truly extraordinary.

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Dean's desk: National Doctor's Day

Dear Readers,

As we unveil this month's edition of our college newsletter, it is only fitting that we pause to reflect on the profound significance of National Doctors' Day, celebrated across India on July 1st. This day is not merely a commemoration—it is a celebration of service, sacrifice, and the silent strength that every medical professional carries.

In honoring the legacy of Dr. Bidhan Chandra Roy, a visionary physician and statesman, we are reminded of the immense responsibility that rests on the shoulders of those who choose this path. As dental professionals in the making, you are an integral part of this healing fraternity. You are the future torchbearers of care, knowledge, and integrity.

Doctors—whether in white coats or scrubs, clinics or classrooms—are the quiet warriors of society. They may not always wear capes, but they often save lives and restore dignity with their hands and hearts. Let this month be a gentle reminder of why we chose this noble journey—not for recognition, but for impact.

On behalf of the institution, I extend my deepest respect to all doctors and aspiring ones among us. May we continue to learn, grow, and serve with empathy, excellence, and unwavering dedication.



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

Subeditor's say: National Doctor's day

Dear Readers,

As both a teacher and a fellow healthcare professional, it brings me great pride to contribute to this edition dedicated to a day that holds deep meaning for all of us—National Doctors' Day.

Celebrated on July 1st, this day honors the legendary Dr. Bidhan Chandra Roy, whose life was a testament to the power of healing, leadership, and selfless service. But more than a tribute to one man, this day is a celebration of the countless doctors—past and present—who have dedicated their lives to the service of others.

To my dear students: you may still be in your scrubs, still learning the art and science of care—but remember, the journey you have embarked upon is sacred. Being a doctor is not just a profession; it is a responsibility, a privilege, and above all, a promise—to show up with skill, compassion, and courage, even on the hardest days.

As you flip through these pages, I hope this month's theme inspires you not just to admire the doctors you look up to—but to become one worth looking up to.



DR. SARIKA SHETTY, PROFESSOR,
DEPARTMENT OF PERIODONTICS

Faculty's say: National Doctor's day

Dear Readers,

Each year, as we mark National Doctors' Day on July 1st, we are called to reflect on the true essence of this noble profession—a life devoted to healing, service, and unwavering commitment to the well-being of others.

In the legacy of Dr. Bidhan Chandra Roy, we find not just a remarkable physician, but a symbol of compassion-led leadership and tireless dedication. As educators in the health sciences, it is both our duty and privilege to pass on these values to the next generation of doctors—you, our students.

The white coat you aspire to wear represents more than academic success. It stands for ethics, empathy, and the courage to make difficult decisions when it matters most. Being a doctor—whether a general physician, surgeon, or dentist—is a promise to place humanity above all else.

As a faculty member, I see potential in every classroom—in the way you think, ask, and grow. On this Doctors' Day, may you be inspired not only by great doctors of the past, but by the promise you hold within yourself to become one of them.



DR. SUJEET KHISTE, READER
DEPARTMENT OF PERIODONTICS

DOCTOR's Month Celebration



The literary committee of CWC of MGMDCH celebrated doctor's month by greeting each and every doctor of MGMDCH with a personalised greeting cards crafted by the students. The students presented their vote of thanks to the doctors for believing in them and shaping them into future doctors.



Tree plantation drive



Emphasising the importance of trees, NSS unit of MGM dental college along with the college working committee, under the guidance of our respected professors conducted the Tree plantation drive in the Lake side area, MGM campus under the campaign, "Ek Ped Maa ke Naam".

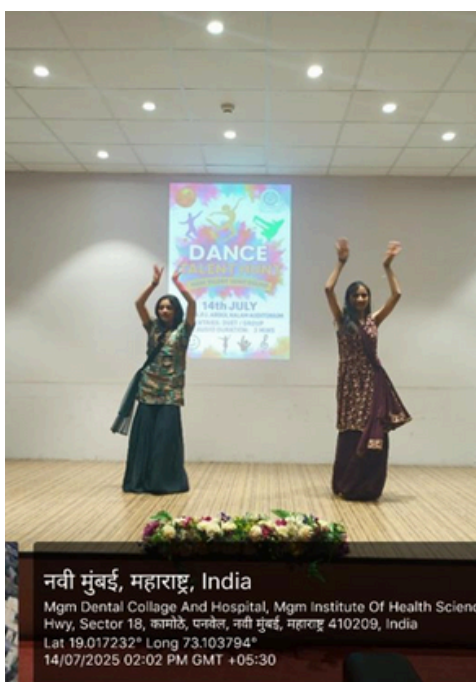
The aim was to spread green awareness and environmental sustainability among individuals.



Dance Talent Hunt



The Dance Talent Hunt 2025 was successfully held at the APJ Abdul Kalam Auditorium, MGMDCH. Over 70 talented participants showcased their skills, and the event was expertly managed under the guidance of: Dance Incharge: Dr. Jayeeta Verma , Dance Heads: Ms. Priyanshi Chhajwani and Mr. Moreshwar Bonge . The event highlighted the incredible talent and diversity of the participants, and the organizers did an outstanding job in bringing it all together.



Macrame Workshop



The Artville Art Club organized a Macrame Workshop to introduce students to the creative art of decorative knotting. Held in Lecture Hall , the session was conducted by Dr. Aishwarya Patil, who provided hands-on instruction and demonstrated key techniques. A total of 46 participants enrolled for the workshop. For a nominal fee of ₹100, they were provided with all essential materials, including threads and 2-3 keychain rings. Participants learned to tie basic macrame knots and successfully crafted two keychains and a colorful macrame rainbow. The workshop was well-received and offered a relaxing, skill-building experience that encouraged students to explore the therapeutic and artistic value of macrame.

Upcycling Contest



The Artville Art Club successfully organized an Upcycling Contest , encouraging participants to explore creativity through sustainability. The event offered participants the freedom to craft their upcycled artwork from home using discarded or reusable materials. The judging of the event was conducted in the APJ Abdul Kalam Auditorium. Esteemed faculty members Dr. Shilpa Patel and Dr. Jyoti Nadgere served as judges, evaluating entries based on creativity, utility, and effective reuse of materials. The contest witnessed enthusiastic participation and showcased innovative ideas that turned waste into art, aligning with the vision of responsible creativity promoted by the Artville Art Club



Shayari Competition



The Literary Committee of the College Working Committee (CWC) of MGM Dental College and Hospital successfully organized an enthralling Shayari competition titled "SHER-O-Shayari" in the APJ Abdul Kalam Auditorium.

The event was an expressive and heartfelt celebration of poetry, language, and emotions. With the tagline "Shayari isn't just poetry – it's your story, your soul, your stage," the competition welcomed participants to showcase their literary creativity across a range of captivating themes. Participant poured, their hearts out in a viral mix of languages as the competition was open to all linguistic expressions. Esteemed judges, Dr Bharat Gupta and Dr Amol Mhatre, evaluated the performances .

The event stood as a tastement to the rich culture and creative spirit thriving within the student community of MGMDCH .



Bookshelves -2



The literary committee of CWC of MGMDCH organised a bookshelves event, to encourage book exchange and literary exploration among readers. Participants brought one or two books to swap. Review and discussion session was held to talk about books exchanged and share reading experiences.



The event was open to all readers, regardless of whether they had books to contribute . The event successfully provided a platform for book lovers to exchange knowledge, discover new genres, and connect with fellow readers.



The DEBATE-QUIZ EXTRAVAGANZA 2025



The DEBATE-QUIZ EXTRAVAGANZA 2025 was successfully held at the APJ Abdul Kalam Auditorium, MGMDCH. 27 students from 1st year to final year participated with great enthusiasm in the quiz and debate competition. The event was managed under the guidance of:

Scientific Committee:

Faculty Incharges: Dr. Divya Naik, Dr. Bharat Gupta.

Research & Innovation Committee:

Faculty Incharges: Dr. Agraja Patil, Dr. Kanchan Sahwal

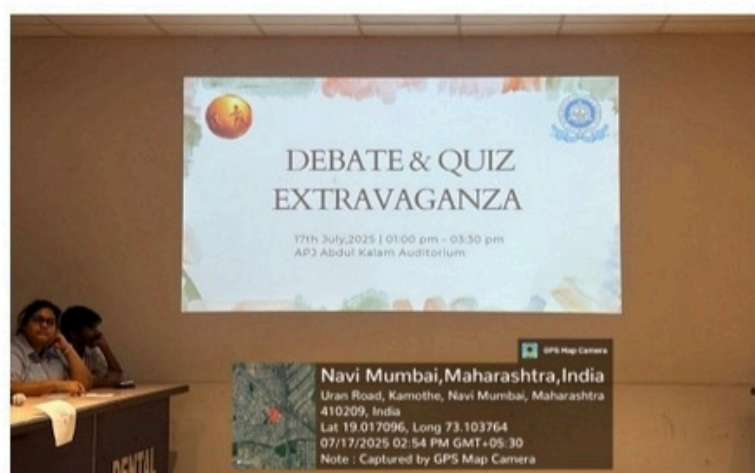
Scientific Committee Heads: Jash Bhuchhada, Ishika Shetty

Research & Innovation head : Khadija Javed.

The event was judged and moderated by the following esteemed faculty members:

Quiz competition: Dr. Vineet Kini, Dr. Kamlesh Dekate

The event made a great impact by widening the knowledge and oratory skills of the students



The DEBATE-QUIZ EXTRAVAGANZA 2025



The DEBATE-QUIZ

EXTRAVAGANZA 2025 was successfully held at the APJ Abdul Kalam Auditorium, MGMDCH. 27 students from 1st year to final year participated with great enthusiasm in the quiz and debate competition. The event was managed under the guidance of: Scientific Committee : Faculty Incharges: Dr. Divya Naik, Dr. Bharat Gupta

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Scientific Committee Heads: Jash Bhuchhada, Ishika Shetty

Research & Innovation Head: Khadija Javed

The event was judged and moderated by the following esteemed faculty members:

Debate competition: Dr. Sumanthini MV, Dr. Amol Mhatre, Dr. Neha Patil, Dr. Padmakar Baviskar

The event made a great impact by widening the knowledge and oratory skills of the students

Mr. & Ms. Freshers

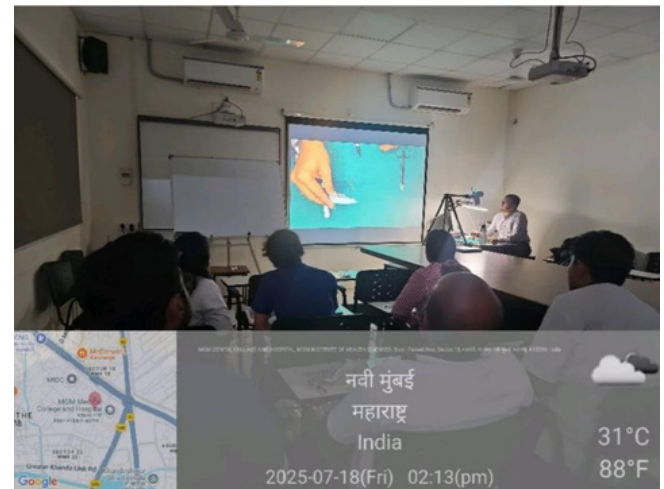


The Mr and Mrs. Fresher event for first year, students was successfully held in the Auditorium of MGM DCH. The program aim to welcome the new batch with a vibrant and inclusive celebration, giving them a platform to showcase their talent, confidence and personality.

The talent round allowed contestants to perform in various art form, such as singing, dancing, mimicry, and poetry. The performances were well received and reflected the diverse talent of the new batch. Following this was the question and answer personality round. The round aim to assess their spontaneity, communication skills and confident after a closely test finale. The titles of Mr. Fresher and Miss fresher were awarded to the most impressive and well rounded participants as just across all segments.



Insights in Aligner Orthodontics



A value added course was organized on "Insights in aligner orthodontics". The session was aimed to provide guidance and strategies for post graduate students in Aligner biomechanics and attachment placement. The Session was taken by Dr. Smit Jhaveri.

Aligner orthodontics is becoming increasingly popular among patients and orthodontists alike, driven by advancements in technology and growing demand for aesthetic treatments. The use of digital tools, such as 3D printing and intraoral scanners, is transforming the aligner orthodontics landscape, enabling more precise and efficient treatment planning. Aligners are being tailored to individual patient needs, with features like customized attachments and optimized treatment plans. Attachments play a crucial role in aligner orthodontics, providing the necessary leverage for tooth movement. The post graduate students were taught how to place attachments on 3D models. Pre made attachment trays were provided to them and flowable composite was also provided. Attachment placement is the most crucial step in aligner planning. Attachments are particularly useful in adult orthodontics, where the bone is denser and more resistant to tooth movement. Attachments enable more precise and efficient treatment, leading to improved treatment outcomes. Attachments can help to reduce treatment time by enabling more efficient tooth movement. The post graduates had a wonderful learning session and are willing to attend more such sessions in the future



Monsoon vibe , YouTube Event



"Listen to the rhythm of falling rain.."

On 24th of July, 2025 the team of Musical strings had released 'Monsoon vibes'-a music video on its YouTube channel 'Choir32'. It consists of soothing timeless monsoon melodies like *Rimjhim Gire Sawaan*, *Dhag Datuni yetat*, *Barso re*, *Boondan boondan*, *Garaj garaj* and *Ghanana ghanana*.



Roadmap to NEET MDS



The Department of orthodontics in coordination with MGM DCH organised an add-on course on road map to NEET MDS. The speaker for this course was Dr Srikanth Iyer who secured AIR 2 in NEET MDS 2025. The session was held in the Auditorium for the final year students and interns in order to encourage & guide them for their upcoming journey of NEET MDS .

The session was followed by the question and answer session where Dr Srikanth Iyer resolved all the queries of the students and motivated them for pursuing their dreams.

Faculty Development Program on e-content

The Faculty Development Program on e-Content Development was organized with the objective of equipping faculty members with the skills and knowledge required to create, edit, and manage digital content for teaching and learning purposes. This initiative aligns with the institution's vision of promoting innovation in pedagogy and enhancing the quality of education through the integration of technology. The program was conducted over duration of 4 days. It was attended by **20 faculty members** from various departments. The sessions were designed to provide both theoretical knowledge and hands-on experience in e-content creation, including instructional design, video editing, multimedia integration, and digital resource management.

Objectives of the Program

1. To enhance the faculty's technical skills in creating e-content.
2. To familiarize participants with contemporary tools and platforms for digital teaching.
3. To promote the adoption of e-learning strategies for improved student engagement.
4. To ensure compliance with quality standards for educational digital resources.

The sessions were conducted by experts in e-content development and digital pedagogy, Dr. Avinash Narayanka & Dr. Sujeet khiste

Participants created two high-quality e-learning videos as final projects. They gained hands-on experience in instructional design, video editing, and AI voiceover tools. Certificates were awarded upon successful completion.



IOS Smiling Bharat Drive 2025 : A pan India Orthodontic Awareness Rally



the Department of orthodontics and the dental facial orthopaedics at MGM dental College and Hospital had the honour of hosting the smiling Bharat program and initiative by the Indian orthodontic Society to spread awareness about the orthodontic health, the importance of timely intervention and educating the public, especially adolescent and younger adults on braces and alignment.

The event commenced with the ceremonial handover of the smile emblem by Dr Meghna Wadekar to Dr Amol Mhatre.

Events conducted as a part of awareness rally are :

- 1) poster presentation competition
- 2) wire bending competition
- 3) Rangoli making competition
- 4) reels making competition
- 5) flash mob
- 6) orthodontic health awareness march in MGM campus



Value added course of Cleft Orthodontics



A value added course was organised on cleft orthodontics , by department of orthodontics, MGM dental College and Hospital. The session was aimed to provide guidance and strategies for post graduate students in cleft orthodontics. It was taken by Dr Avishkar Mokhal.

The Cleft orthodontics workshop led by Dr Avishkar Mokhal, was an informative and engaging session that covered the essentials of cleft and palate management. The workshop of emphasised multidisciplinary approach highlighting the importance of teamwork among specialities like orthodontist, surgeons, speech therapist, paediatrician. The workshop, stressed the importance of collaboration among specialist to ensure holistic care. Dr Mokhal shared his expertise on orthodontic treatment for cleft and palate patients. He is associated with smile train. Smile train is a non-profit organisation and charity, providing corrective surgery for children with cleft lips and palates. Smile train is the world's largest cleft focused organisation, with a sustainable and local model of supporting surgery and other forms of essential care. He is also associated with Sirat Cleft Foundation (India's first largest community) . Students surely benefited from the course .

Value Added Course on MINDFULNESS



In the final phase of the value added course, “commit, create, cultivate”, the theme for the month of July was mindfulness, recognising the need for inner calm, clarity and emotional regulation amidst academic stress, this month focused on equipping students with tools for self awareness and mental resilience.

The program commenced with a dedicated session on introduction to mindfulness and self awareness, where students explored the significance of being present in the moment and its impact on stress management and emotional well-being. This was followed by an every day 15 minute deep breathing session, encouraging students to devote 15 minutes each morning to deep breathing exercises and meditation, aiming to build a routine of intentional stillness and mental clarity.

To encourage consistency and dedication and also to acknowledge the effort and commitment of students who fully embraced the practice of mindfulness, students demonstrating full participation across the program were recognised and awarded for the 100% attendance.

Extension Activities

The Department of Public Health Dentistry along with the NSS Unit of MGMDCH, organized the following activities. Urban areas generally have better access to healthcare facilities, specialists, and advanced medical technologies, while rural residents may face longer travel times to reach healthcare providers and limited access to specialized care. Limited access to healthcare and higher exposure to environmental risks in rural areas can result in poorer health outcomes and increased mortality rates.

In the month of July 2025, a total of 30 camps were organized to benefit from the dental services. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model. The initiative also included discussions about the importance of regular dental check-ups



Extension Activities

Sr. no	Date	Camp Site	No. of beneficiaries
1.	01/07/2025	TBR camp Kherane (Taloja MIDC)	97
2.	02/07/2025	ANC Camp at MGM medical hospital	07
3.	02/07/2025	TBR camp , Pale , Khurd	98
4.	03/07/2025	Shri Nryan Baba Charitable Trust Panvel	17
5.	03/07/2025	TBR Camp Dongrecha panda, Nagzai , Anganwadi	115
6.	04/07/2025	ANC Camp at MGM medical hospital	20
7.	06/07/2025	Shri Balleshwar Temple Center Pali	77
8.	07/07/2025	Bombay Stock Exchange Office at CBD Belapur	42
9.	08/07/2025	TBR Camp wavanje Anganwadi	68
10.	09/07/2025	ANC Camp at MGM medical hospital	11
11.	10/07/2025	TBR camp Ghot Anganwadi , Dhansar , Adiwali , Dharngaon	76
12.	11/07/2025	TBR CMP Rohinjan and Adai Pesarve Karavale, Kothari	80
13.	11/07/2025	ANC Camp at MGM medical hospital	38
14	12/07/2025	Swami Samarth Math , kamothe	235
15.	13/07/2025	Shree Baleshwar Temple Center Pali	18

Extension Activities

Sr. no	Date	Camp Site	No. of beneficiaries
16.	15/07/2025	Sanatan Ashram Panvel	45
17.	16/07/2025	ANC Camp at MGM medical hospital	16
18.	16/07/2025	TBR Camp Taloja Urdu School , Valap , Palebudruk , Adai	94
19.	17/07/2025	Shri Narayan Baba Charitable trust , Panvel	108
20.	18/07/2025	ANC Camp at MGM medical hospital	32
21.	18/07/2025	TBR Camp Seva Vidya Mandir , gangangaon ,Dahanu	311
22.	20/07/2025	Shri Ballaleshwar Temple Centre , pali	09
23.	22/07/2025	Bhingar Dental Camp	117
24.	22/07/2025	SES Topworth English School, pali	671
25.	23/07/2025	ANC Camp at MGM medical hospital	11
26.	25/07/2025	ANC Camp at MGM medical hospital	24
27	27/07/2025	Shri Ballaleshwar Temple Centre , pali	20
28.	29/07/2025	TBR camp Pendhar, Anganwadi	30
29.	30/07/2025	ANC Camp at MGM medical hospital	01
30	31/07/2025	Shri Narayan Baba CharitableTrust Panvel	17

Awards and Achievements

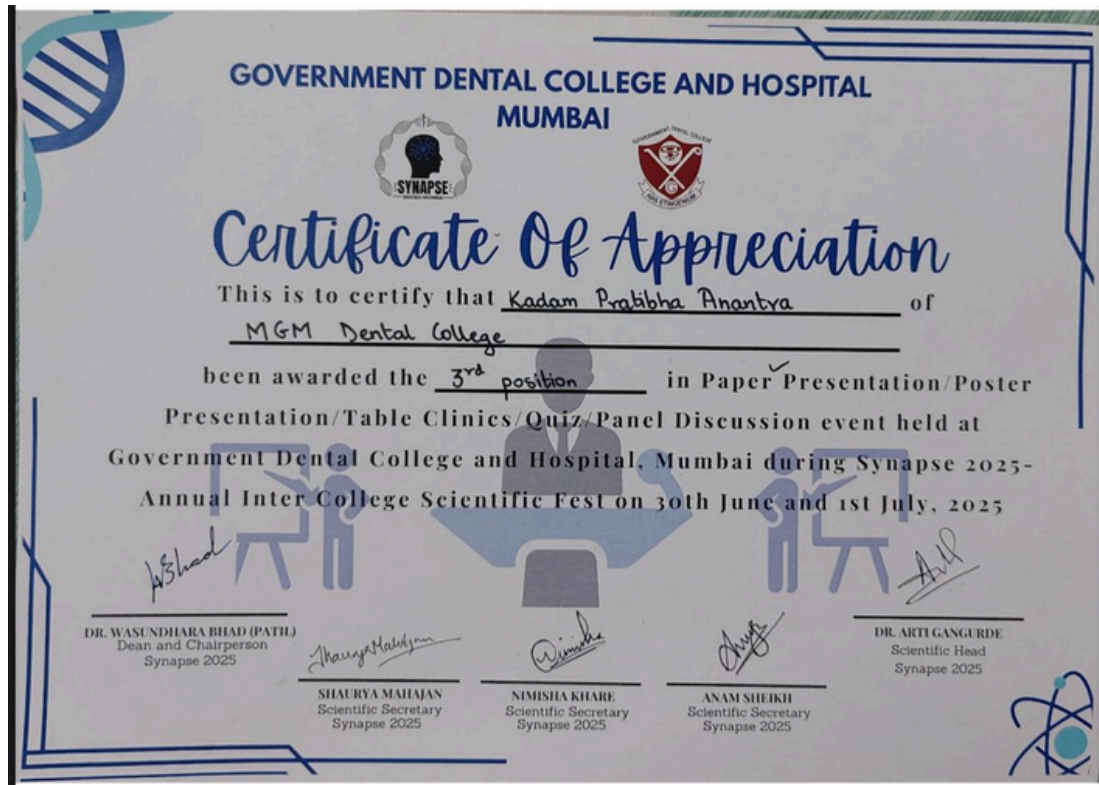


Shreegeeta Singh and Khushi Sharma secured 1st position in their category and 3rd position overall in the poster presentation competition at Perio connect UG convention 2025 hosted by YMT dental College, Navi Mumbai

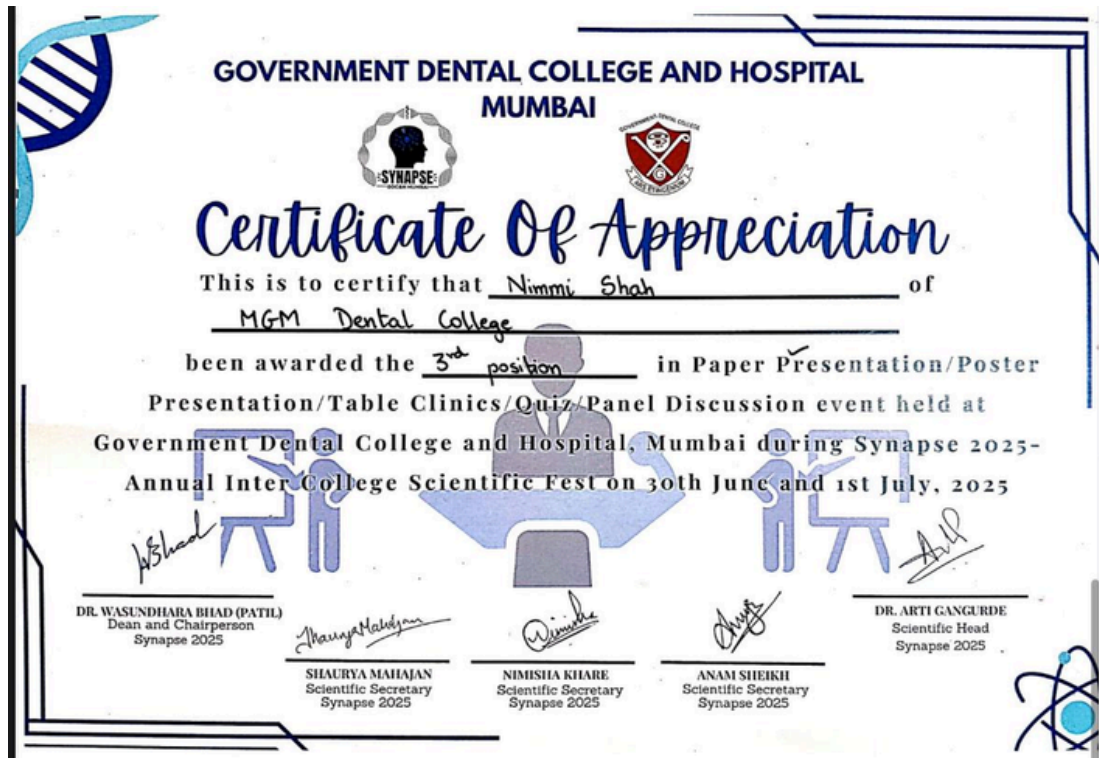


Sejal Mane secured 3rd place in dance competition at Perio Connect UG convention 2025 held at YMT dental College, Navi Mumbai

Awards and Achievements



Kadam Pratibha Antara got 3rd place in paper presentation held at GDC Mumbai

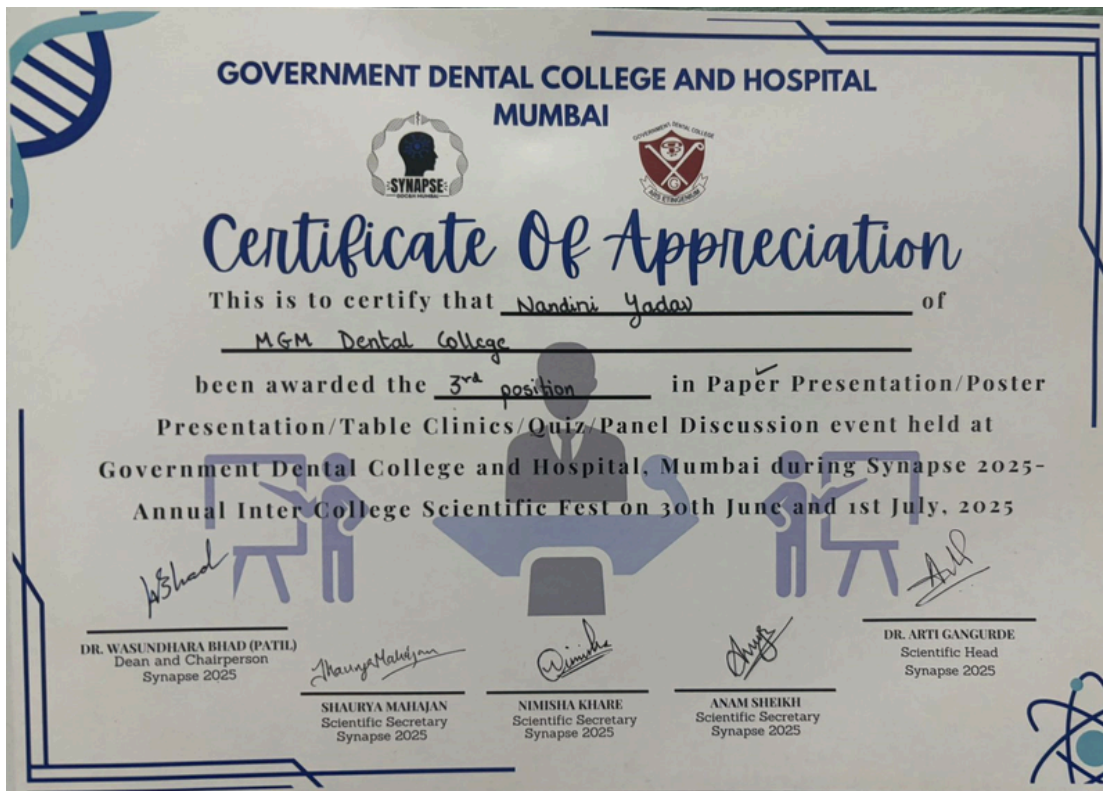


Nimmi Shah got 3rd place in paper presentation held at GDC Mumbai

Awards and Achievements



Honey Waghela got 3rd place in paper presentation held at GDC Mumbai



Nandini Yadav got 3rd place in paper presentation held at GDC Mumbai

Quotes of the Month

“People pay the doctor for his trouble; for his kindness they still remain in his debt.”

— Seneca, Roman philosopher

“Medicine is a science of uncertainty and an art of probability.”

— William Osler

“The good physician treats the disease; the great physician treats the patient who has the disease.”

— William Osler, Father of Modern Medicine