



JUNE 2023 | Issue No. 22

Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

अपनी खबर

#Vasudhaiva Kutumbakam

INTERNATIONAL



Patrons:

Mr. Kamal Kishore Kadam

Dr. P.M. Jadhav

Dr. Sudhir Kadam

Dr. Nitin Kadam

Board of directors:

Editor in Chief:

Dr. Srivalli Natarajan

Sub-editors:

Dr. Sarika Shetty

Ifrah Khan,

Saloni Bandekar,

Sharvari Deshmukh.

**Yoga connects us with that consciousness
which makes us feel the unity of the living being.**

International Yoga Day is an annual celebration observed on June 21st, dedicated to promoting the ancient practice of yoga and its numerous benefits for physical, mental, and spiritual well-being. This global event brings together individuals from diverse backgrounds to participate in mass yoga sessions, workshops, and awareness programs, fostering unity, harmony, and holistic living. The 9th edition of Yoga Day this year will focus on the theme, 'Yoga For Vasudheva Kutumbkam' which means 'One Earth, One Family, One Future' for the G20 Summit being chaired by India this year,

DEAN'S DESK: INTERNATIONAL YOGA DAY

Yoga is a well-known term these days, it is called a spiritual discipline that is based on a subtle science that aims at attaining harmony between body and mind. This is also referred to as science and art for achieving healthy living. The derivation of the word yoga is considered from the Sanskrit word Yuj. The meaning of Yuj is to join or yoke is to unite. Yoga is safe and is practised even by kids and older people. There is no use of hard equipment, but only movements of the body for the extension. Yoga gives relaxation to not only the mind but also flexibility to the body.

Besides physical benefits, yoga also helps to benefit mentally in the long run. If you are stressed out, then practising yoga will bring change in your mental behaviour. If incorporated with meditation and breathing exercises, yoga will help to improve mental well-being. We live in an age where we struggle to get mental peace. Professional and personal stress takes a toll on us. Lack of physical activities further builds stress. Practising yoga regularly can help in bringing calm, increasing body awareness, relief from chronic sleep patterns and others. Practising yoga can benefit you a long way. Many experts practice yoga and help by teaching the same. On June 21, International Yoga Day is celebrated all across the world to make people aware of the benefits of yoga. It is the day to celebrate the gift the entire humankind has received and follow it full-fledgedly.

International



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

SUB-EDITOR'S SAY : INTERNATIONAL YOGA DAY

Yoga is a collection of spiritual, physical and mental practices. It received the global stature due to its principles in treatment which are without any side effects. Yoga has earned special recognition from the United Nations and declared June 21 as the International Yoga Day.

The International Yoga Day was adopted to fulfil the below-mentioned objectives.

- **To promote better mental and physical health benefits among the masses.**
- **To draw the attention of people towards holistic advantages of yoga.**
- **To promote awareness about the natural and amazing results among the people.**
- **To help people connect with nature by practising yoga on a daily basis.**
- **To reduce the rate of fatal diseases all over the world.**
- **To unify communities through spending time for health from a busy schedule.**
- **To enhance growth and development and bring peace.**
- **To encourage people to eliminate negativity by embracing meditation and yoga asanas.**
- **To win over bad mental and physical health.**



Dr.Sarika Shetty
Professor
Department Of Periodontics

FACULTY : INTERNATIONAL YOGA DAY

yoga DAY

International Yoga Day is also called World Yoga Day and it is celebrated on June 21st every year. The word 'yoga' is derived from Sanskrit which means to join or to unite. The main aim of celebrating international yoga day is to spread awareness amongst the masses regarding the importance and effect of yoga on the health of the people. It holds importance in improving a perfect balance between our materialistic and spiritual well being. June 21 is considered as the longest day of the year with the sun rising early and setting late for the northern hemisphere. The summer solstice is also considered as an important day in Indian mythology as it marks an event that could be considered the start of Yogic science.



**Dr.Sujeet Kishte
Reader**

Department Of Periodontics

Parents speak

INTERNATIONAL YOGA DAY

Yoga – An ancient form of exercise which evolved thousands of years back in the Indian society and is being practiced continuously since then. It includes various forms of exercises to keep a person in good shape and to get rid of various forms of diseases and inabilities. It is also considered as a strong method for meditation which helps in relaxation of mind and body. People generally think that yoga is a form of exercise that includes stretching and folding of body part but Yoga is much more than just exercise. Yoga is a way of life or Art of living through mental, spiritual and physical path. It allows to achieve stillness and to tap into the consciousness of inner self. It also helps in learning how to rise above the pull of mind, emotions and lower bodily needs and face challenges of day to day life. Yoga works on the level of one's body, mind and energy. Regular practice of yoga brings positive changes in the practitioner – strong muscles, flexibility, patience and good health.

Purushottam Kudalkar

Father of Kishor Kudalkar

Muhs Foundation Day



Maharashtra University of Health Sciences was established on 3rd June 1998 by the State Government of Maharashtra through an Ordinance. The NSS Unit of MGM Dental College & Hospital, Kamothe, Navi Mumbai in association with College Working Committee (CWC) 2023 had celebrated the MUHS Foundation Day on 10th June, 2023 on campus.

As a part of the MUHS Foundation Day celebrations, a flag hoisting ceremony was hosted on Saturday, 10th June 2023 at 10.00am and MUHS anthem song was also played.

Program was planned under guidance of Dean Dr. Srivalli Natarajan

And NSS Programme Officer Dr. Vaibhav Thakkar.

The ceremony was conducted and executed by

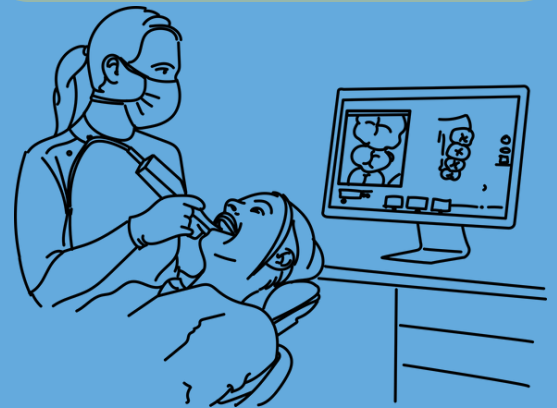
Dr. Bharat Gupta, Advisory Board member, NSS Unit, MGMDCH.



CDE Programme by Dept. Of OMDR Oral Cancer Preventive Oncology and Role of Dental Surgeon.



Department of Oral Medicine and Radiology conducted a CDE Programme titled "Oral Cancer Preventive Oncology and Role of Dental Surgeon" By Guest Speaker and Alumni Dr.Pradeep Vitare [Head and Neck Oncologist] Lecture was conducted on 14th June.



Lecture on Osteopathy in Cranial Field and TNT

Mahatma Gandhi Missions Dental College and Hospital,
Navi Mumbai

Department of Oral and Maxillofacial Surgery

Guest Lecture Osteopathy in Cranial Field & TNT Guest Speaker
Dr. Steven Sanet

On 16th June 2023, 09.30 AM
Venue:
Dr. APJ Abdul Kalam Auditorium,
4th Floor

Osteopathic College of Ontario
Nota Bene

The poster features the logos of Mahatma Gandhi Missions Dental College and Hospital, the Department of Oral and Maxillofacial Surgery, and the Osteopathic College of Ontario. It includes the date and time of the lecture, the venue, and a portrait of the guest speaker, Dr. Steven Sanet.

MGM Dental College and Hospital's Department of Oral and Maxillofacial Surgery presented a Lecture on Cranial Osteopathy and its Implications on JUNE 15 by Guest speaker Dr. Steven Sanet.





Implants Hands on Workshop



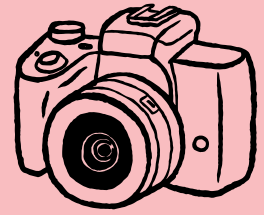
Dr. Ashvini Padhye in Collaboration with Katara dental company organized a Dental Implant Workshop for Interns on 19th June. The Implant workshop began with a live demonstration of Osteotomy ; parts of Implant kit and insertion of implant on Dummy mandible.



Dental implants are one of the rising treatment options for missing teeth and long-term replacements preserving adjacent teeth. As a Dental Intern ; this gave us a very good opportunity to learn something which is not covered as much at an undergraduate level of dentistry; Implants.



National Public Health Dentistry Day Celebration



MGM DENTAL COLLEGE AND HOSPITAL
Accredited by NAAC with 'A++' grade

MEME MAKING CONTEST

Theme : Oral Health (Prevention and Promotion)
Submission Deadline : 18th June 2023

SMILE PHOTOGRAPHY CONTEST

Theme : Photographs of Smiles :)
Submission Deadline: 18th June 2023

Department of Public Health Dentistry presents

NATIONAL PUBLIC HEALTH DENTISTRY DAY CELEBRATION

- To celebrate National Public Health Dentistry day, A Meme contest and a Smile Photography Contest has been organised from 15th June onwards!
- All the UG students, Interns, PG students, fellowship students, teaching faculty and non teaching staff are encouraged to participate in the competition.
- Kindly mail your entries to mgmphd2020@gmail.com by 18th June 2023.
- So come on! Get creative and show your skills

For more details, kindly contact
Dr. Deeksha Shetty +91 9326786869
Dr. Ankit Shah +91 9967548289
Dr. Vaibhav Thakkar +91 9322262227

Department Of Public Health Dentistry on the occasion of National Public health Dentistry Day organized a meme making and A smile photography Contest to create public awareness on oral health prevention and promotion.



Arpita Mungase 2nd Bds



पि मुंबई, महाराष्ट्र, India
MGM DENTAL COLLEGE AND HOSPITAL, MGM INSTITUTE OF

Entry by - **Ifrah Khan (Intern)**

Your tooth decay watching you
Buy another pack of cigarettes and getting high.
While your oral health is getting low.

#DENTALMEMES #MGMDCH
#SAYNOTOSMOKING

Winners of the photography Competition are :

- Arpita Mungase 2nd Bds.
- Neeraj Kolge [Staff]
- Mr. Rajnikant [librarian]

Winners of the Meme contest are :

- Dhara Dattani [Intern]
- Ifrah Khan [Intern]
- Jash Bhuchhada [3rd Bds]

After TCC counseling :

JASH BHUCHHADA (3 BDS)

Forensic Odontology Workshop

Department Of Oral And Maxillofacial Pathology organized a CDE programme on Forensic Odontology.


The programme titled "Comparative Dental Analysis" was taken by Speaker Dr.Samantha Thakur [forensic Odontologist] on 21st June from 9 am to 2 pm .



Various cases of mass accidents were discussed and groups were made to identify the person from ante mortem and post mortem data of missing Person.



Musical Escape



MAHATMA GANDHI MISSION'S
MGM DENTAL COLLEGE AND HOSPITAL
Accredited by NAAC with 'A++' grade

Musical Strings presents
Musical Escape

*Some find music in everything
Some find everything in music*

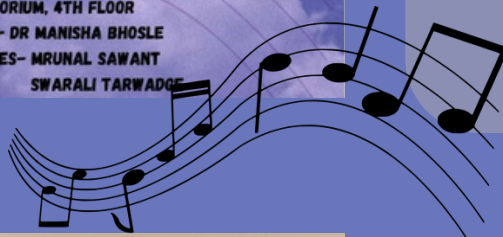
Open mic event on the occasion of
WORLD MUSIC DAY on 21st June 2023
We wish to see
students, interns, PGs, teaching and non teaching
faculty who wish to showcase
their love for music.

TIME: 2PM TO 3 PM
VENUE : AUDITORIUM, 4TH FLOOR
STAFF INCHARGE - DR MANISHA BHOSLE
INTERNS INCHARGES- MRUNAL SAWANT
SWARALI TARWADGE

Musical strings, the music club of Mgm Dental College and Hospital, On occasion of World Music Day organized an open Mic event on 21st June.

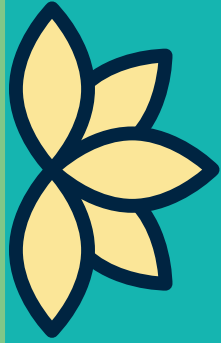
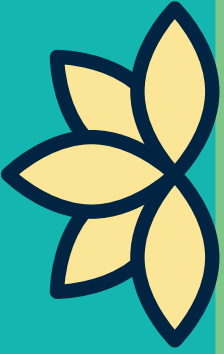
Participants-

- Mrunal sawant; Swarali tarwadge ; Yash mhadgut; Vaishnavi bagade; Pranita janawalekar ; Hamza mahimi; Saket game; Shreegita; Nandini ; Aayush tamhane ; Harsh bhanushali ; Mahendra sanap



INTERNATIONAL YOGA DAY CELEBRATION

The Yoga and Wellness Committee in association with Patanjali Yog Samiti, Panvel Conducted 5 days yoga workshop from 16th June to 21st June at Yog Vatika. Mr. Rampalat Yadav Sir and his Team members were the Yoga Instructor for the program. He conducted various yoga asanas and breathing exercises according to the Ayush Protocol. First to final year B.D.S Students, Interns, PG's Teaching Staff, Non-Teaching staff and Housekeeping had participated actively in the program.



INTERNATIONAL YOGA DAY CELEBRATION



Yoga is the journey of the self, through the self, to the self.



The arrangements were made for the event by the Member secretary of Yoga and wellness committee Dr. Priyanka Tidke and Members of the committee Dr. Akansha Kandoi, Dr. Saurabh Waghchoure and Dr. Deeksha Shetty.



INTERNATIONAL YOGA DAY CELEBRATION

MGM Dental College & Hospital
Kamothe; Navi Mumbai.




Accredited by NAAC A++ Grade.

TO CELEBRATE INTERNATIONAL YOGA DAY

Kalam : The Literary Club of MGM DCH is organizing Workshop, followed by a Lecture and a Live Demonstration conducted by a Yoga Expert and teacher with an experience of 12 years in the field of Yoga and Meditation Subhash Prakash Karapu on Importance of Yoga in Everyday life.

Date : 26th June
Timings : 11-12 pm
At APJ Abdul Kalam Auditorium

"Improve your health one asana at a time"

Yoga is an ancient physical, mental and spiritual practice that originated in India. Recognizing its universal appeal Mr. Narendra Modi had put forward the proposal Of celebrating international yoga day in 2015. Since then Every year 21st June is Celebrated as International Yoga Day to raise awareness worldwide about the Importance and benefits of practicing Yoga.

On This occasion; Literary Committee organized a Workshop, followed by a Lecture and a Live Demonstration conducted by a Yoga Expert and teacher with an experience of 12 years in the field of Yoga and Meditation Subhash Prakash Karapu on Importance of Yoga in Everyday life.



Conscious Sedation Lecture



Pedodontics Department organised an Add on Course-Lecture on Conscious Sedation on 26th June,2023 from 9am -11am in Lecture Hall 2 for all the Interns. Dr. Srirang Sevekar (HOD of Pedodontics) took a great initiative in making the interns understand the importance of the conscious sedation and it's correct technique with many examples, live demonstration and specific protocols to be followed. Pre Test and Post Test was also conducted for better understanding of the topic. Every intern were given the experience of nitrous oxide sedation with proper measures.



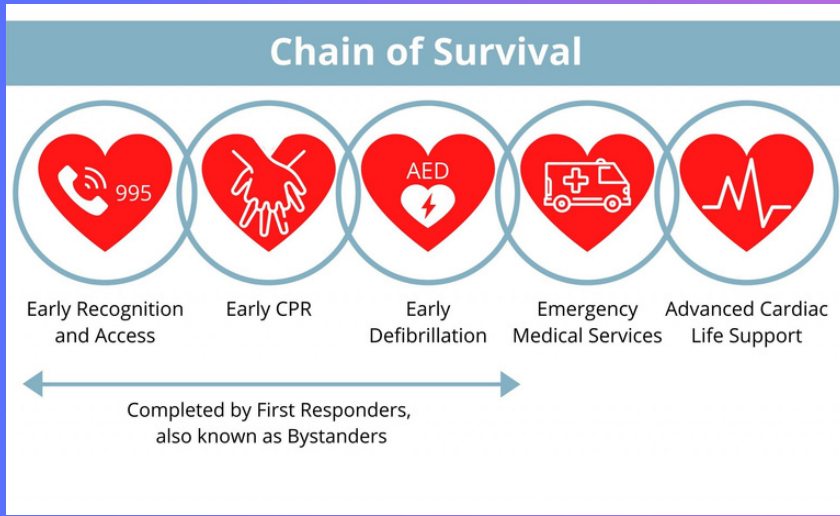
Emergency drugs CDE



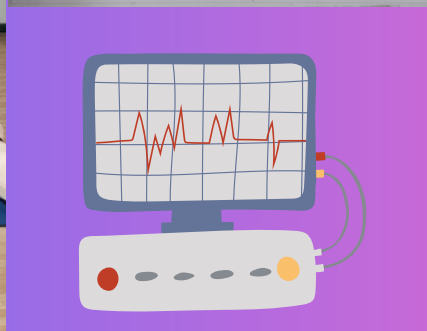
Pedodontics Department held a Lecture on Emergency Drugs and Equipments used in Dental Clinic, for Interns on 28th June, 2023 from 9 am - 10:30 am in APJ Abdul Kalam's Auditorium. Dr Pradnya Sawant was a Speaker for conducting the Lecture and making students understand about the specific measures in emergency and amount of drugs required in certain cases. A very informative session was held.



BLS TRAINING



Basic Life Support (BLS) is organised as training for Interns (Batch 2022- 2023) of MGM Dental College and Hospital in batches on 10 interns every Friday from 9:30 am - 12:30 pm in a BLS skill lab. In this Month it started with the Batch A on 26th June,2023.



MUHS Silver Jubilee Anniversary Programme



MGM Dental College and Hospital received THE BEST COLLEGE AWARD from the minister of state for health and family welfare Dr. Bharati Thai Pawar and Hon. v.c . Lieutenant General Dr. Madhuri Kanitkar in the presence of all the previous vice chancellors of MUHS, chairman of the UG board of NMC Dr. Aruna vanikar.



Arpita Mungase from II BDS has been recieved the Special Scholarship Award by MUHS on occassion of their Silver Jubilee year celebrations.

She recieved a certificate and scholarship worth Rs. 25,000/-at Silver Jubilee ceremony MUHS, Nashik on 9th June.



Achievements



Dr.Chinmay Rao recieved Medha 2023 Novel Reconstructive Device Award at Medical device Hackathon ; IIT Bombay.



భారతీయ సాంకేతిక విజ్ఞాన సంస్థ హైదరాబాద్
 भारतीय प्रौद्योगिकी संस्थान हैदराबाद
 Indian Institute of Technology Hyderabad



Launch of Model G20 Initiative



Anvi Hajeri, 1st BDS student of MGM Dental college participated in Round 1 Essay Competition and got selected for next round, Debate competition at Zonal Level, which will be conducted at IIT Bombay on 1st JULY, 2023.

Achievements



At International Digital Dentistry Congress organized by IDA Dr.Agraja Patil secured 2nd place at Scientific Paper Presentation.



Ifrah khan ; Intern got featured in IDA Student Digest Magazine.

CREATIVE BRAINS

Time

**Time heals and time parts,
Closest heart miles apart.
Memories tickle down to tears,
Waving to all the dears.**

**Time, it begins and it calms
Leaving off the two palms
Shredding into pieces,
Like oceans shelters fishes.**

**Time finds and time binds,
In and out, the world signs.
Though distant on maps,
But heartily in one gasps.**

**Give it a chance,
It'll never disappoint,
Playful it is, like slime,
One and only the TIME.**

Hiral Vora - 1st year

CREATIVE BRAINS

TATAKAE

We say the bird in cage is trapped
But is the one out really free
They get hunted and starve to death
Is it freedom I ask to me

Who is the most free of them all
The prey or predator who has the might
The humans carving their own fall
But the free are those who fight

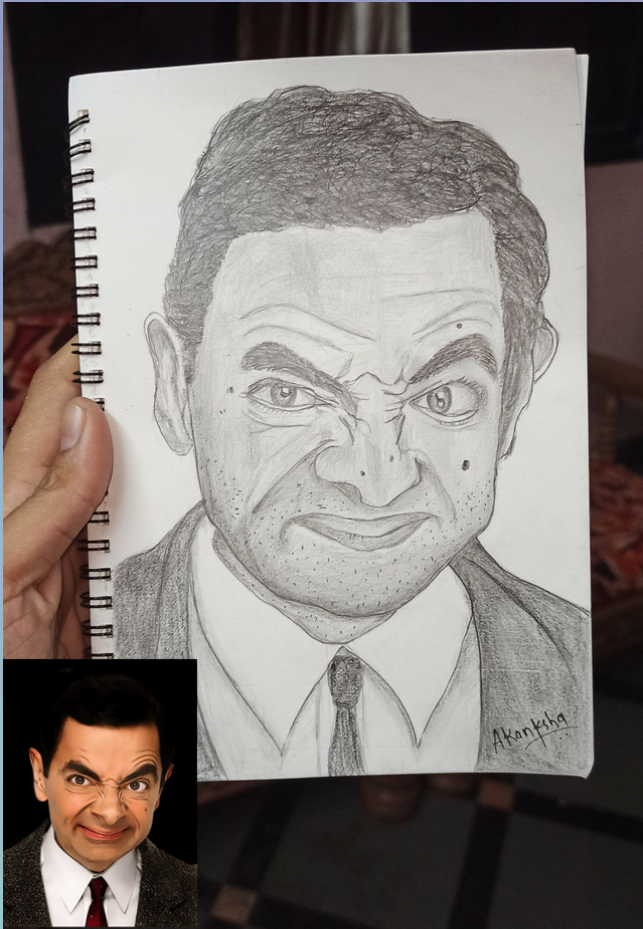
The drums of liberation beats for those
Who have no borders and fight for self
Not even the endless sky stops them
As the vast infinite is their slave on shelf

Stand on the apex and lead the mass
Like sun spread rays of emancipation
To be oppressed we deny with class
Fight and fight till you create new nations

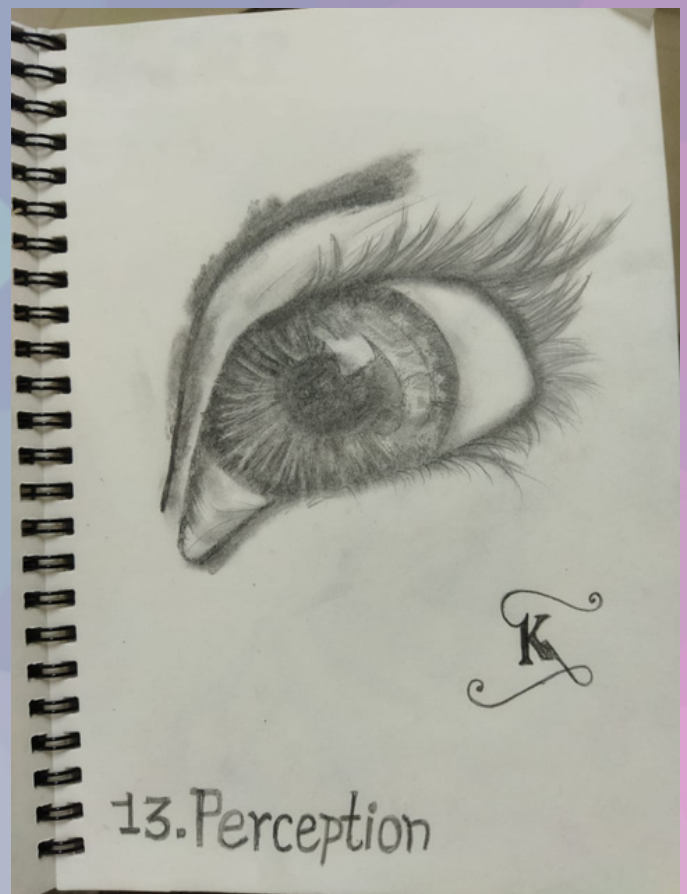
Back to the bird who was out in the ether
Fly up above ,up the cloud high
Dont ever fall for the words of restraint
With the intent of freedom tatakae tatakae tatakae

Om dalvi -second year

Artists of MGM



Akanksha Deshmukh
Intern



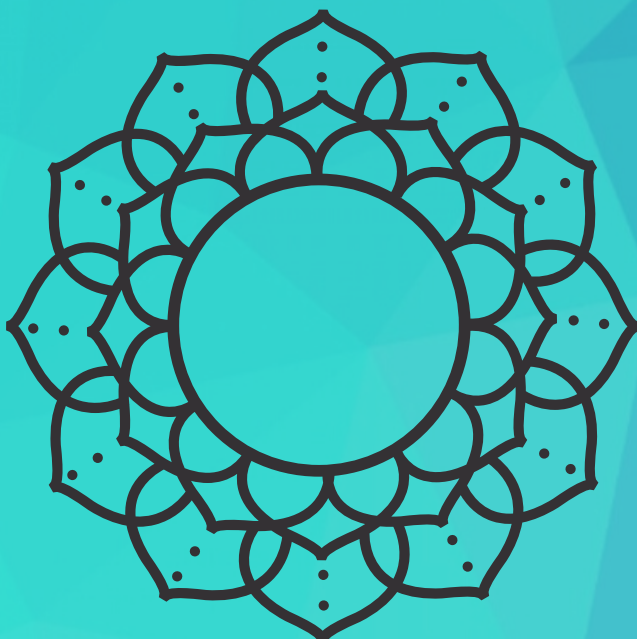
Kishor Kudalkar
Intern

*Follow
Your
DREAMS*
(∞)

Artists of MGM



Sakshi Khedekar
INTERN



Ifrah Khan
INTERN

QUOTES OF THE MONTH

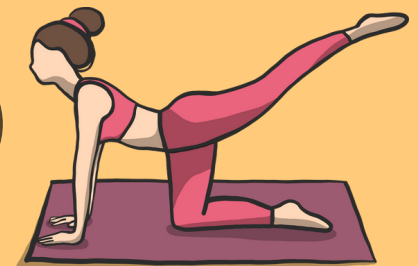


“When you listen to yourself, everything comes naturally. It comes from inside, like a kind of will to do something. Try to be sensitive. That is yoga.”



Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom

“Yoga is a mirror to look at ourselves from within”



We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.”