



OCTOBER 2023 | Issue No. 26

# Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

## अपनी खबर

The best way to  
find yourself is to  
lose yourself in the  
service of others.



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Mahatma Gandhi, often referred to as the "Father of the Nation" in India, is widely celebrated for his immense contributions to the world, particularly in the realm of nonviolent resistance, civil rights, and social justice. His life and philosophy continue to inspire people globally.

Gandhi's life and work serve as a testament to the profound impact that an individual committed to nonviolence and social justice can have on the world. His unwavering dedication to truth and his belief in the inherent goodness of humanity continue to resonate with people across generations, making him a revered figure in the history of the 20th century.

## DEAN'S DESK: GANDHI DAUR

As a doctor committed to the well-being of my patients and the broader community, the Gandhian ideology has profoundly influenced the way I approach healthcare and my life as a whole. Mahatma Gandhi's principles have provided me with a moral compass that guides my actions and decisions in the medical field.

Gandhi's unwavering commitment to truth, nonviolence, and the pursuit of justice deeply resonates with the principles of medical ethics. The idea that honesty and integrity should be the foundation of every decision has played a pivotal role in my daily interactions with patients and colleagues. In the challenging world of healthcare, honesty and transparency are not just virtues; they are essential elements of trust and healing.

Gandhi's emphasis on nonviolence, not only in the physical sense but also in the emotional and psychological realms, has taught me the importance of compassion and empathy when dealing with patients. Medicine is not just about treating physical ailments; it's about understanding the suffering, pain, and fears that individuals face. This understanding allows me to practice a more holistic and compassionate form of healthcare, one that values the dignity and worth of each person I treat.

One of the most significant lessons I've drawn from Gandhian ideology is the concept of selfless service. Gandhi's life was a testament to the idea that serving others, especially the less fortunate, is a moral imperative. It's a reminder that as a doctor, my duty goes beyond clinical expertise; it extends to improving the lives of those I serve.

Additionally, the Gandhian principle of community involvement and empowerment has shaped my approach to public health. I've been involved in initiatives that aim to educate communities about preventive healthcare measures, promote hygiene, and empower women.

Gandhi's vision of creating self-reliant communities aligns with the idea that individuals should have the knowledge and tools to maintain their health and well-being.

Gandhi's life and philosophy have taught me that the pursuit of a noble cause often requires immense patience, determination, and resilience.

In a world where healthcare can sometimes be commodified and driven by profit, Gandhian ideology serves as a constant reminder of the deeper purpose of my work – to alleviate suffering, promote well-being, and contribute to a healthier, more just society. The impact of his ideals in my life as a doctor has been immeasurable, guiding me to practice medicine with a sense of purpose and moral clarity



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

**SUB-EDITOR'S SAY : GANDHI DAUR**

As a dentist, I find inspiration in Gandhi's principles and actions. His commitment to justice and nonviolence resonates deeply with me, as both a healthcare professional and a member of society.

Gandhi's emphasis on self-reliance and simplicity is particularly relevant to dentistry. In our field, we strive to empower our patients to take control of their oral health through proper hygiene practices and preventive care. Gandhi's belief in self-reliance aligns with our goal of promoting patient education and encouraging individuals to take responsibility for their dental well-being.

Furthermore, Gandhi's emphasis on communal harmony and upliftment of the marginalized is a powerful reminder of the importance of inclusivity in dentistry. As oral healthcare providers, it is our duty to ensure that everyone, regardless of their background or socioeconomic status, has access to quality dental care. Gandhi's vision of a just and equal society inspires us to work towards eliminating disparities in oral health and promoting equal opportunities for all.

In conclusion, Gandhi's principles of justice, nonviolence, self-reliance, communal harmony, and upliftment of the marginalized serve as a guiding light for dentists and healthcare professionals. By embodying these values in our practice, we can contribute to a more equitable and compassionate society. Let us continue to be inspired by Gandhi's legacy and work towards creating healthier smiles and a brighter future for all.



**DR. SARIKA SHETTY**  
**PROFESSOR**  
**DEPARTMENT OF PERIODONTICS**

## FACULTY : GANDHI DAUR

Gandhi's lifelong dedication to service aligns seamlessly with the role of a dentist. As a healthcare professional, I am committed to serving the well-being of my patients. Gandhi's emphasis on serving humanity, especially the underprivileged, inspires me to provide dental care to those who may not have easy access to it. His model of community service and his work in rural health have encouraged me to explore opportunities to extend dental care to underserved communities.

Furthermore, the simplicity and humility that Gandhi embodied in his personal life are qualities I strive to bring to my dental practice. He wore simple attire and lived modestly, which reminds me of the importance of focusing on patient care over ostentatious displays of wealth or technology. This simplicity encourages me to keep my practice patient-centered, affordable, and approachable and I strive to inculcate the same values in my students

Dr. Bharat Gupta  
Reader  
Department of PHD



# Parents speak

## GANDHI DAUR

महात्मा गांधी, भारतीय स्वतंत्रता संग्रामाच्या प्रमुख नेत्यांपैकी एक आहेत. माझ्याला वाटतं की त्याच्या राष्ट्राला आणि जगाला त्याच्या योगदानाचा महत्त्वाचा आहे. त्याचे अहिंसा सिद्धांत ही आजही विश्वात लोकांना प्रेरित करतं. गांधीजीच्या अनुयायीस्वरूप, माझ्याकडून मात्र अहिंसेच्या माध्यमाने संघर्ष निर्णय करण्याच्या आणि सामाजिक न्यायाच्या प्रोत्साहित करण्याच्या माध्यमाने ही अद्भुत आहे. त्याच्या भारताच्या स्वतंत्रतेच्या 1947 मध्ये साधारण आणि महत्त्वाच्या नेतृत्वाची आवश्यकता होती. आपल्याला त्याच्या प्रकारच्या नेतृत्वगुणांची आवश्यकता आहे असे मला वाटतं, आणि ही तरुण पीढी जागतिक शांती साधण्याच्या उद्देश्यासाठी त्याच्या संकल्पना आणि सामाजिक न्याय साधण्याच्या आणि त्याच्या सिद्धांतांच्या अद्वितीय महत्त्वाची आहे. गांधीजीच्या जीवनाच्या आणि शिक्षणाच्या महत्त्वाच्या अंशाने अजूनही आपल्याला हे कसे वाटतं, त्याच्या व्यक्तिगत आणि सार्वजनिक जीवनातील श्रद्धेच्या आणि नैतिक मूल्यांच्या महत्त्वाच्या आहे. गांधी जयंती ही म्हणजे याच्या मूल्यांच्या विचाराला अंदाज लागू करण्याच्या अवसरास आणि त्याने व्यक्त्यांना समाजातील सकारात्मक सहयोगांतीला मार्गदर्शन कसे करू शकतो याच्या विचारास आहे. अद्ययाच्या काळात, गांधी जयंतीला स्वच्छता सफाई अभियानांसाठी आणि पर्यावरणाच्या पहाटांसाठी विशेष आक्षेप ठेवण्याची शिरोरत्री आहे, ज्याने वास्तविकता समाजात अद्याप अद्यतन बदल करू शकते.

Sharadha Sawant  
Mother of Vallabh Sawant  
Intern

# Student's view

## GANDHI DAUR

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."

As aptly said by Mahatma Gandhi, the Father of the Indian Nation. He remains an iconic figure, not just in India, but worldwide. His philosophy of non-violence, civil disobedience, and his tireless commitment to social justice continue to inspire and hold valuable lessons for us today.

In a world marked by increasing conflict, polarization, and violence, Gandhi's teachings on non-violence, or "ahimsa," are more vital than ever. His unwavering belief in resolving conflicts through dialogue and peaceful means is a beacon of hope in a world often overshadowed by strife. The principles of non-violence and civil disobedience continue to serve as a model for advocating change and social justice, particularly in today's world, where many continue to grapple with issues of inequality, discrimination, and injustice.

Gandhi's emphasis on self-sufficiency and the promotion of cottage industries through the "Swadeshi" movement reflects a sustainable approach to economic development. In an era of environmental concerns and global economic challenges, his focus on local self-reliance offers valuable insights into creating resilient and sustainable communities. Gandhi's commitment to truth and honesty, or "Satyagraha," is equally important in an age of misinformation and disinformation. His dedication to transparency, ethical conduct, and the pursuit of truth should serve as a guide for responsible and ethical leadership.

Today, as we navigate complex global issues, including climate change, social justice, and the quest for peace, Gandhi's teachings remind us that change begins with ourselves. We can still draw inspiration from his life and legacy as we strive to build a more just, sustainable, and peaceful world. In conclusion, Mahatma Gandhi's message of non-violence, truth, and self-reliance is not just a part of history, but a living testament to the potential for transformative change. As we face the challenges of the modern world, we should turn to his wisdom and vision for guidance and inspiration.

Gandhi's principles continue to illuminate the path towards a more compassionate, equitable, and harmonious global society.

Piyusha Krishnan  
II BDS

# ROTARY ENDODONTICS WORKSHOP



The Department of conservative dentistry and endodontics organised a ROTARY ENDODONTICS WORKSHOP for the newly inducted Intern batch of 2023-24

The workshop was conducted over two days with the first day being specifically allotted to an introductory lecture aimed at revisiting all the theoretical knowledge



The second day focused completely on a delivering an instructive and personalised hands on experienc. All the attendees were provided a basic endodontic kit to perform the hands on session.

# Life First: TOBACCO CESSATION TRAINING PROGRAM

This programme was initiated by the Tobacco Cessation Centre of MGMDCH. The TCC incharge Dr.Munita Naik along with Members of the award winning LifeFirst organisation held an interactive session with the students where they were informed about the best ways to go about counselling tobacco addicts.



Navi Mumbai, Maharashtra, India  
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# CAD/ CAM WORKSHOP

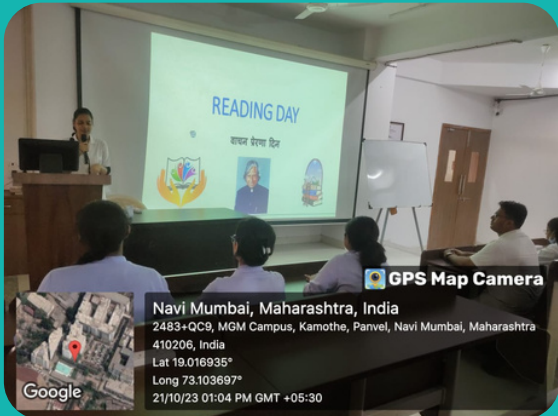
The DEPARTMENT OF PROSTHODONTICS organised a CAD/CAM introductory seminar to get the interns acquainted with the latest technologies in clinical practice. The students also got an opportunity to experience the digital scanning technology on a first hand basis. The seminar was held in collaboration with Dentsply India





# NATIONAL READING DAY CELEBRATION

On the occasion of birth anniversary of former President Dr. A.P.J ABDUL KALAM , The literary committee and public relations committee 2023 of MGMDCH honoured the late president by celebrating a 'reading day' in his the memory.



Intern representatives of the literary committee read an excerpt from APJ Abdul Kalam's book 'IGNITED MINDS' in the class of each year after which the students were encouraged to write a review on what values and insight they gained from the book



# CONVOCATION AND VALEDICTORY CEREMONY



The valedictorian of MGMDCH class of 2023, Ifrah Khan was awarded accolades and a cash prize by the Alumni Association



The convocation ceremony for MGMDCH class of 2023 both the undergraduates as well as the postgraduates was held in the medical college auditorium. It occurred in the presence of distinguished dignitaries like our Dean, Dr. Srivalli Natranjan and the Head of all nine departments.





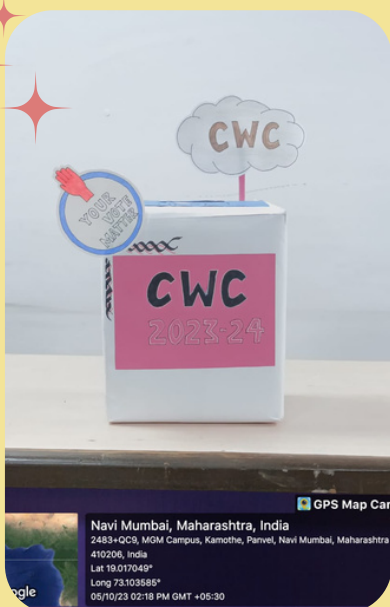
# COLLEGE WORKING COMMITTEE ELECTIONS

On Thursday, 5th of October, 2023 the newly inducted interns of MGMDCH held an election for the formation of a college working committee. The entire election process was held under guidance of staff incharges, Dr. Vaibhav Thakkar and Dr. Bharat Gupta.

It started at 2pm with our Dean, Dr Srivalli Natranjan unveiling the CWC ballot box crafted by a couple of interns. Under the watchful eyes of the staff incharges each intern cast his/her votes in the ballot box to ensure an honest and unbiased election.

Once the voting was completed the ballot box was taken and the votes counted by uninvolved parties to maintain an impartial setting.

After rounding up the votes of all the individual categories the results were declared.



# COLLEGE WORKING COMMITTEE FOR THE YEAR 2023-2024

Member secretary: Shivang Ojha

Treasurers: Rajina Shaikh and Rayyan Ansari

Literary Head: Aqsa Javed Co-Head: Samra Shaikh

Cultural Heads: Vedika and Heet Chouhan

Scientific Heads: Shreya Mitra and Ishan Birar

Art and Decoration Committee: Tejal Rane

Sports Heads: Vallabh and Nidhi (Indoor) Akshay and Tanmayee

Hospitality Heads: Surbhi Agarwal and Gajanan Khadge

Pixel Committee Heads: Alfiya Shaikh and Manasi Galapure

Unnat Bharat Abhiyan Head: Kriti Sherigar

Music Committee Head: Harshita Mirgh

Innovation Committee Head: Abhishek Lohakpure

Social Media Manager: Pratiksha Suryawanshi

Animal Welfare Committee Head: Karishma Survase

Gandhi Centre incharge: Sakshi Bhirud

PTA Head: Apurna Pal

NSS Heads: Vedant Kapote and Komal



# CWC HAND OVER CEREMONY



After the CWC for the year 2023-2024 was elected an Hand over ceremony was held for the newly inducted and the senior CWC members.

The Preceding heads of each committee officially handed down the responsibilities to the new heads. The session allowed new CWC to acquaint themselves with all the in and outs of running a student council.



# IDA SPORTS EVENTS



The IDA annual sports event had been set up in the month of October and MGMDCH was honoured to host the cricket tournament of the event. Both, the MGM girls as well as boys won their respective final matches





# GARBA NIGHT



The students of MGM along with the rhythm institute organised a Garba event, KALARANG on the 20th of October.



# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 1

The PTA committee along with the CWC members organized a 5 day college orientation programme for the freshly admitted undergraduates



## Dean's Address

The programme commenced after the lighting of the lamps by the dignitaries present after which our esteemed Dean, Dr. Srivalli Natranjan enlightened all the students and parents about the various aspects of the institute. She imparted words of wisdom and motivation to the students that would surely forever remain in their mind. She also held an interactive session with the students and parents present to bridge any gap and showcase the approachability of the faculty of the college.



# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 1



**Campus tour by college committee heads**



**Curbing the menace of Ragging in Dental Colleges**  
**Dr. Arun Dodamani,**  
**Member, Dental Council of India**  
**Orientation to Anti-Ragging Committee Dr. Anjali Nagrik**



**Introduction to the College Committee & Clubs by Dr. Jigna Pathak**



**Introduction to Mentor - Mentee Program and Orientation to Hostel Rules & Regulations by Dr. Sarika Shetty**



**Introduction to College Working Committee and a Cultural Event by CWC Members**

# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 2



**Code Of Conduct  
Dr. Rashmi Hosalkar**



**Digital Literacy  
Dr. Chinmay Rao**



**Decoding BDS-The GenZ  
Way  
Dr. Shaili Mehta**



**Research Ecosystem  
Dr. Niharika Swain**



**Paths to Innovation and  
Entrepreneurship  
Dr. Agraja Patil**



# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 3



**Importance of Yoga &  
Pranayam  
Dr. Priyanka Tidke**



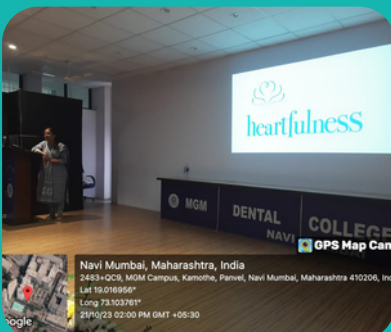
**Significance of Clinical  
Dentistry  
Dr. Pratiba B. Shastri**



**Communication skills  
Dr. Santosh Gawali**



**Mental Health  
Mrs. Priyanka Sharma**



**Aspire to Inspire with  
Inner Connect  
(Heartfulness Way)  
Dr. Nalini Lal**

# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 4



**Orientation to Library  
Mr. Rajnikant Nalavade**



**Dental Photography  
Dr. Pankaj Londhe**



**Student Welfare  
Schemes  
Dr. Kamlesh Dekate**



**Mindfulness  
Mrs. Priyanka Sharma**



**Art Therapy in Stress  
Management  
Dr. Ankita Deshmukh**

# UG ORIENTATION PROGRAMME UCCHASHIKSHARSMBH DAY 5



**Ice-Breaking Activity  
(To know your Peers)  
by CWC Members**



**ICMR STS Proposal  
Writing  
Dr. IpseetaRay**



**Nutrition and Health  
Dr. Priyanka  
Pareekh**



**Orientation to Internal  
Complaint Committee  
Dr. Sneha Navre**



**Presentation by Faculty  
Incharge of Various Clubs  
Member secretaries of  
respective clubs**

# PG ORIENTATION PROGRAMME PADYUKTHASHIKSHARSMBH DAY 1



## Dean's Address

by Dr. Srivalli Natarajan

Our Dean interacted with the new students by asking them to introduce their selves and their background to get a one on one impression. She gave a detailed overview to the new PG students of various faculties of every aspect of the college that they could take advantage of, She made them aware of the varied resources available in the college that they could use to further their career



# PG ORIENTATION PROGRAMME PADYUKTHASHIKSHARSMBH DAY 1



**Introduction to Medical Record Keeping and Documentation by Dr. Manjari Chaudhary**



**Code of Conduct Dr. Rashmi Hosalkar**



**Nutrition and Health by Mrs. Chethana**



**Mental Health Mrs. Priyanka Sharma**



# PG ORIENTATION PROGRAMME PADYUKTHASHIKSHARSMBH DAY 2



**Infection Control and Biomedical Waste Management Protocol**  
**Dr. Adil Gandevala**



**Start up Innovation and Ecosystem for you**  
**Dr. Sandeep Joshi**



**Basis of Clinical Research**  
**Dr. Shakeeb Dhorajiwala**



**Fundamentals of Scientific Writing in Research -**  
**When, How, Where?**  
**Dr. Vineet Kini**



**How to Apply for Research Grant**  
**Dr. Shakeeb Dhorajiwala**

# PG ORIENTATION PROGRAMME PADYUKTHASHIKSHARSMBH DAY 3



**Yoga session  
with Dr Priyanka Tidke**



**Decoding MDS-The GenZ  
Way  
Dr. Shaili Mehta**



**Orientation to Library  
Mr. Rajnikant Nalavade**



**Importance of Dental  
Photograph in Research  
Dr. Avinash Narayankar**



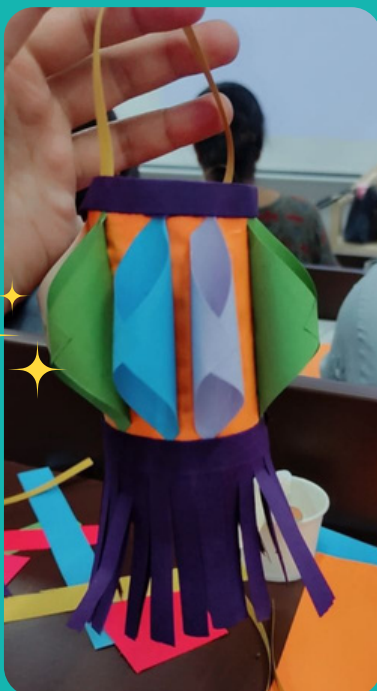
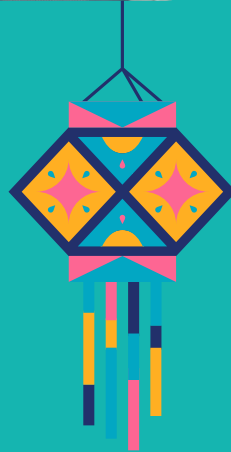
**Introduction to Key Elements  
of Communication Skills  
by Dr. Shilpi Sahu**

# LANTERN MAKING WORKSHOP



The Art and Decoration committee of MGMDCH headed by Dr. Ankita Deshmukh organised a Lantern Making craft workshop in anticipation of the upcoming Diwali festival.

Students as well as faculty members showed great enthusiasm in crafting beautiful lanterns.



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# SEMINAR ON OROFACIAL PAIN AND MENTORSHIP FOR CAREER IN THE USA

A seminar on Orofacial pain syndrome was organised by the DEPARTMENT OF ORAL MEDICINE AND RADIOLOG. The guest speaker was Dr. Davis Thomas, an associate professor at Rochester Medical School, New York.

He also briefed the students who were planning to further their studies or careers in the United States about the different routes they could take to achieve their goals



He was accompanied by his Mentee Dr. Tanvee Somaiya who has also done her fellowship in orofacial pain, TMD and dental sleep medicine in the USA and is an alumni of MGMDCH



# CREATIVE MINDS



प्रति,  
आदरणीय बापूजी

"फरिश्ते से मुलाकात नहीं बस बात करना चाहा है।

ये खत नहीं सैतालीस का यह नए वक्त की काया है।

एकता की बस मूरत है अनेकता वाले राहो में।

चेहरा तेरा पैसों पे पर तेरी सोच नहीं इस भारत में।"

बापूजी ये कविता आपको समर्पित करते हुए मैं ऐसी आशा करता हूँ की आपके विचारों की किरणोंसे हमारे मन का तमस दूर हो और आपके दिखाए हुए सत्य और अहिंसा के राह पर सब चलने लगे



आपका अनुयायी  
ओम दळवी

# CREATIVE MINDS

Every leaf speaks bliss to me, Fluttering from the Autumn  
tree.

-Emily Bronte

Along windy cold breeze lies the calm and warm breath of  
life. Sunshines enjoys itself and enlightens our spirit too.  
Every passing day feels juvenile. This is what Autumn is,  
right!

Taking lessons from this wonderful seasonal swap, lets  
execute it for ourselves along the World Mental Health  
Day, which is on 10th October.

Season of mists and mellow fruitfulness (ie Autumn) is also  
famous for its diverse festive cultures worldwide.

Magnificent hue transformations by mother nature  
fascinates me the most. Similarly, we can handle our mental  
health in a positive way too.

Circumstances may vary from good to worse or vice-versa,  
but adhering to our optimistic principles, one should always  
continue aiming without any mental exhaustion.  
Mental health is crucial for every age group in our society. A  
healthy and peaceful mind can conquer every hurdle over a  
course of time.

Let's Meditate, Concentrate and Elevate our life this October  
along with Autumn.

Saloni Chandresh Shah  
1 BDS





# CREATIVE MINDS

## Legacy of freedom



**The sparrows flocked in the sky,  
And sat upon those graves,  
Which had fought violence without a  
cry,  
And fell to the ground untamed and  
brave.**

**For freedom was a legacy that they  
passed on**

**A legacy that took every ounce of  
blood and sweat,**

**The sky still rumbles with pride and  
mourn,**

**And the melancholic songs of their  
valor are sung with eyes wet.**

**-Devashree Kamble**

**III BDS**



# Artists of MGM



**Aqsa Javed**  
**Intern**



**Vanshi Patani**  
**I BDS**



**Priyanka Padhy**  
**I BDS**



# Artists of MGM



**Khushi Maliwal**  
II BDS



**Rhutu Bore**  
III BDS



**Drishti Soni**  
III BDS



# Artists of MGM



**Gauri Darak**  
III BDS



**Khushi Hole**  
III BDS



**Archana Dhondage**  
I BDS

## QUOTES OF THE MONTH

“Be the change that you wish to see in the world.” -  
Mahatma Gandhi

“A man is but a product of his thoughts. What he thinks he becomes.” -  
Mahatma Gandhi

"We are only as strong as we are united, as weak as we are divided." — Albus Dumbledore

“Learn as if you will live forever, live like you will die tomorrow.” — Mahatma Gandhi