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

अपनी खबर

world AIDS DAY

2025

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Today we stand together in solidarity with those living with HIV and remember those we have lost. Let's raise awareness, fight stigma, and ensure equal access to prevention, treatment, and care for all.

***"Let communities lead.
Together, we can end AIDS."***



Dean's desk : World AIDS Day

On December 1st, we observe World AIDS Day, a global call to action to support those living with HIV and to remember those we have lost to AIDS-related illnesses.

As an academic community, we are the architects of the future. Our role in ending the epidemic is twofold: innovation and inclusion. While science has made incredible strides—turning a once-fatal diagnosis into a manageable condition—the "disruption" of social stigma remains a major barrier to progress.

I urge every student and staff member to move beyond awareness toward active allyship. We can do this by:

- **Normalizing Testing:** Understanding your status is a proactive step in health, not a cause for shame.
- **Challenging Stigma:** Use facts to combat misinformation in your social circles.
- **Practicing Empathy:** Ensure our campus remains a safe, inclusive space for everyone, regardless of their health status. The goal of "Zero New Infections" is within our reach, but it requires the collective will of communities like ours. Let us lead with science, act with heart, and work toward a world where HIV is a thing of the past.



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

Subeditor's Say: World AIDS Day

Beyond the Ribbon

As we mark World AIDS Day, the editorial team wants to move beyond just wearing a red ribbon. While medical science has made incredible leaps—turning HIV into a manageable condition—the social "disruption" of stigma still lingers in our classrooms and hallways.

As students, we hold the power to change the narrative. Ending this epidemic isn't just about medicine; it's about language and empathy. When we replace judgment with facts and silence with support, we become the generation that finally closes the gap.

Let's make this campus a space where "Zero Discrimination" is a reality, not just a slogan. Use your voice, get the facts, and stand in solidarity.



DR. SARIKA SHETTY
PROFESSOR, DEPARTMENT OF
PERIODONTICS

Faculty's Say: World AIDS Day

This World AIDS Day, we, as your faculty, want to emphasize that the classroom is a vital front in the global response to HIV. While modern medicine has made HIV a manageable chronic condition, misinformation remains the greatest barrier to progress. Our role as an academic community is to replace fear with facts. By understanding the science of transmission and the reality of U=U (Undetectable = Untransmittable), we dismantle the stigma that prevents people from seeking care. We encourage you to lead with scientific curiosity and human empathy. Let us ensure our college remains a space where health is protected, and every individual is treated with dignity.



DR. DEEKSHA SHETTY
READER, DEPARTMENT OF
PUBLIC HEALTH DENTISTRY

Spreading Hope, One Ribbon at a time

On the occasion of World AIDS Day, the Literary Committee took a meaningful step toward awareness and compassion by organizing a ribbon distribution drive within the college campus. Handcrafted red ribbon symbols, carefully made by committee members, were distributed to students, faculty, and staff.

The red ribbon, a global symbol of solidarity with people living with HIV/AIDS, was worn proudly across the campus. This simple yet powerful gesture aimed to spread awareness, promote empathy, and break the stigma associated with HIV/AIDS.



Christmas Carols



On 25th December 2025 ,Musical strings released "Christmas Carols" on our YouTube channel Choir32 .It included popular carols like Silent night, Angels we have heard on high, Joy to the world, Feliz navidad



MGM OLYMPICS 2025



Gold 🏆₁

- Hitesh maind - badminton

Silver 🏆₂

- Kanishka Kadam - Throwball

- Hetvi Somaiya- Throwball

- Nishi Mehta - Throwball

- Siddhi Parekh - badminton

- Adarsh Sonawane -

Swimming

- Niral Ostwal - basketball

- tanushree wadikar - kabaddi

Bronze 🏆₃

- Prateek Dixit - Swimming

- Niral Ostwal- Swimming



Field Visit to Turmale Village for water Management Survey



A field visit to Turmale Village, Panvel (Raigad) was successfully conducted under the PHBB 2026 Temple University Programme. Students from Mahatma Gandhi Mission Dental College & Hospital participated in the Water Management Survey as part of an academic and experiential learning initiative.

The visit aimed to provide students with practical exposure to community-based water management practices and survey methodologies. The programme enhanced students' understanding of public health perspectives and rural resource management. The field visit proved to be an enriching experience, fostering learning beyond the classroom and encouraging social responsibility among students.

Field Visit to Pali Village for Mental Health Survey



A field visit to Pali Village was conducted as part of the PHBB 2026 Temple University Program. Students of Mahatma Gandhi Mission Dental College & Hospital participated in the visit to undertake a mental health survey at the Senior College, Pali Village.

The activity provided students with valuable experiential learning and community exposure, enhancing their understanding of mental health assessment at the grassroots level. The visit was successfully conducted, benefiting the people by spreading awareness about the importance of mental health

Free Gingival And Subepithelial Connective Tissue Graft Harvesting



An Add-On Course was conducted by the Department of Periodontology for faculty and postgraduate students of MGM Dental College and Hospital, Navi Mumbai, on “Free Gingival and Subepithelial Connective Tissue Graft Harvesting with Hands-on Workshop on Goat Jaw Model” at the Skills Lab, MGM Dental College and Hospital, Navi Mumbai.

The program was conducted by Dr. Vineet Kini, Professor and Head, Department of Periodontology. An introduction to the biological principles, clinical indications, and surgical relevance of soft tissue grafting procedures was delivered by Dr. Vineet Kini. He further elaborated in detail on the Free Gingival Graft (FGG) and Subepithelial Connective Tissue Graft (SCTG) techniques, including indications, donor site anatomy, graft harvesting methods, and clinical applications.

This was followed by a hands-on workshop on the Goat Jaw Model, during which Dr. Vineet Kini demonstrated step-by-step graft harvesting techniques, emphasizing incision design, graft thickness control, handling, and suturing protocols. Participants actively performed the procedures under guidance, thereby enhancing their practical understanding and surgical confidence.

World Meditation Day- 21 December 2025

In observance of World Meditation Day, Mahatma Gandhi Mission Dental College & Hospital organized a Global Online Meditation Session on 21st December 2025 in association with the Heartfulness Institute. The program was conducted for teaching staff, non-teaching staff, students, and interns of the institution.

The session aimed to promote mental health, emotional balance, stress management, and overall well-being, emphasizing their importance in academic performance, professional efficiency, and personal growth. Participation was mandatory, and attendees actively took part in the guided meditation session held in the evening.

The event successfully created awareness about mindfulness and the benefits of meditation, encouraging participants to incorporate meditation into their daily lives. All participants received digital certificates upon completion of the session.

Extension Activities

SR NO	DATE	CAMP SITE	No. Of Beneficiaries
1.	01/12/2025	ANC camp MGM Medical college & Hospital Kamothe	13
2.	03/12/2025	ANC camp MGM Medical college & Hospital Kamothe	15
3.	04/12/2025	GEI's Blossom International School, Dombivli	251
4.	04/12/2025	Shri Narayan Baba Charitable Trust, Panvel	24
5.	05/12/2025	ANC camp MGM Medical college & Hospital Kamothe	27
6.	06/12/2025	Bharat Petroleum JNPT	29
7.	07/12/2025	Buddha Vihar New Panvel	29
8.	08/12/2025	ANC camp MGM Medical college & Hospital Kamothe	11
9.	10/12/2025	ANC camp MGM Medical college & Hospital Kamothe	21
10.	12/12/2025	ANC camp MGM Medical college & Hospital Kamothe	36
11.	14/12/2025	Shreee Ballaleshwar Temple Centre Pali	23
12.	15/12/2025	ANC camp MGM Medical college & Hospital Kamothe	17
13.	16/12/2025	ZP School Asudgaon	157
14.	17/12/2025	ANC camp MGM Medical college & Hospital Kamothe	24
15.	18/12/2025	Shri Narayan Baba Charitable Trust, Panvel	17
16.	18/12/2025	Vasudev Balwant Phadke Vidyalaya, New Panvel	600
17.	19/12/2025	ANC camp MGM Medical college & Hospital Kamothe	25
18.	21/12/2025	Shreee Ballaleshwar Temple Centre Pali	8
19.	22/12/2025	ANC camp MGM Medical college & Hospital Kamothe	22
20.	24/12/2025	ANC camp MGM Medical college & Hospital Kamothe	26
21.	24/12/2025	GEI,S Blossom International School Dombivali	60
22.	26/12/2025	ANC camp MGM Medical college & Hospital Kamothe	38
23.	31/12/2025	ANC camp MGM Medical college & Hospital Kamothe	8
		Total	1497

Awards & Achievements



Dr. Sabita M. Ram ma'am has been taken over as Chairperson of the Pierre Fauchard Academy India Section of the International Pierre Fauchard Academy at Delhi on the 13th Dec 25 For the year 2026.

Awards & Achievements



Congratulations to the Department of Periodontics for winning the Award of Excellence towards the National Periodontists Day Celebration

Quotes of the Month

Keep your face always towards the sunshine- and
Shadows will fall behind you.

- Walt Whitman

In a gentle way , you can shake the world

—Mahatma Gandhi

Believe you can and you are half way there

— Theodore Roosevelt