



MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.

अपनी खबर



74th REPUBLIC DAY CELEBRATION

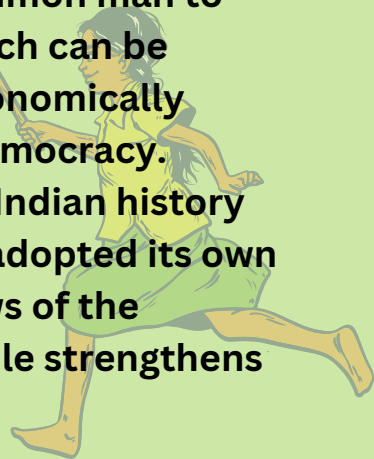
Participate in various contests and Strengthen
India's Republic and Democratic values



JAN BHAGIDARI

Republic Day is celebrated every year on 26th January to commemorate the adoption of the Indian Constitution, which came into effect on this day in 1950. This year we celebrated the 74th Republic Day.

The Constitution is the supreme law of the land and citizens are expected to abide by it in harmony. 'Jan Bhagidari' is a way to provide every citizen with opportunities for the common man to have a say in the public decisions which can be politically, culturally, socially and economically driven. It is the decentralization of democracy. Republic day is a monumental day in Indian history because it was on this day that India adopted its own Constitution and declared its own laws of the land. Increase in Participation of people strengthens the democratic values of the India.



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FROM DEAN'S DESK : JAN BHAGIDARI

**THEME SLOGAN: VASUDAIVA KUTUMBAKAM
(The World is One Family)**

India celebrates 26th January as Republic Day every year with great fervour. On 26 th January 1950, we implemented our constitution .Since that day every year we celebrate it with a sense of patriotism.It was 1950, when we got freedom but in a true sense freedom was achieved by our fundamental rights.

On this auspicious day,people gather and celebrate the event by flag hoisting and sweets are shared amongst themselves.There is a huge amount of people participation which encourages everyone to get good ideas through discussions , difference in rational and irrational thoughts is understood, opportunities can come knocking by, since communication can play a key towards change. Let's play this with unity forming a harmonious relationship.

" Vasudhaiva kutumbakam" refers to the belief that "The World is One Family" and in today's fast-paced and interconnected world, the message of Vasudhaiva Kutumbakam is more relevant than ever before. We live in a global village where boundaries between nations, cultures, and people are becoming increasingly blurred. Hence, it becomes imperative to embrace this philosophy and strive to create a world where everyone is treated equally and with dignity and integrity offering a roadmap to a better future.

While it is a very joyous day, we must not forget the struggle of freedom that our forefathers took part in. Moreover, it is a day to celebrate the spirit of freedom, to welcome the democracy and make sure to help India reach greater heights in the future.

Forgetting all the stress & pain,
Coming together, forming a chain.
Let's resolve all our disputes,
And club all our great ideas,
Making the country to remember it's forever reign....



Dr. Srivalli Natarajan
Dean, MGDCH
HOD, ORALMAXILLOFACIAL SURGERY
DEPARTMENT

SUB-EDITOR'S SAY: JAN BHAGIDARI**THEME SLOGAN: VASUDAIVA KUTUMBAKAM
(The World Is One Family)**

Every single person living in this world is a part of humanity. Through "Vasudaiva kutumbakam" we can see that this world is one family where every individual is connected with each other through the medium of humanity as a part of one family. In this way, we can see humanity through vasudaiva kutumbakam.

Republic Day Celebrations started with uniting with each other under a bright sunny morning with a handful of showering flowers. Under the presence of the bright shine and growth, people gathering brought changes in thinking capacity, changes in views, and more topics were taken into consideration in group discussions and solutions were made regarding the differences, bringing people power together democracy paved it's way into our lives.

Our Republic has come a long way and we must appreciate how far successive generations have brought us. Equally, we must appreciate that our voyage is far from complete.

There is a need to recalibrate our yardstick of achievement from quantity to quality; from a literate society to a knowledgeable society in order.

No conception of India's development can be complete without a salute to our spirit of inclusiveness. India's pluralism is its greatest strength and its greatest example to the world.

The "Indian model" rests on a tripod of diversity, democracy and development where we cannot choose one above the other.

The nation needs to encompass all segments and all communities, so that the nation transforms into a family that invokes, encourages and celebrates the uniqueness and potential in each person.

- Dr. Sarika Shetty

Professor

Department of Periodontics

FACULTY : JAN BHAGIDARI**THEME SLOGAN : VASUDAIVA KUTUMBAKAM
(The World is One Family)**

India celebrates Republic Day on January 26 annually with a lot of pride and fervor. It is a day that is important to every Indian citizen. It marks the day when India became truly independent and embraced democracy. In other words, it celebrates the day on which our constitution came into effect. On 26 January 1950, almost 3 years post-independence, we became a sovereign, secular, socialist, democratic republic.

Dr. B.R. Ambedkar led a constitutional drafting committee on August 28, 1947. After drafting, it was presented to the Constituent Assembly by the same committee on November 4, 1947. This whole procedure was very elaborate and took up to 166 days to complete. Moreover, the committee organized sessions were kept open to the public.

People participation became more active. Different views were discussed, issues were being solved by the power of communication through groups and togetherness, disputes were being resolved. No matter the challenges and hardships, our constitutional committee left no stone unturned to include rights for all. It aimed to create the perfect balance so all citizens of the country could enjoy equal rights pertaining to their religions, culture, caste, sex, creed and more. At last, they presented the official Indian constitution to the country on January 26, 1950.

In today's generation schools, March Past takes place it is mandatory for every student to attend the celebrations. In many schools, they distribute sweets on this day as well. While it is a very joyous day, we must not forget the struggle of freedom that our forefathers took part in. Moreover, it is a day to celebrate the spirit of freedom and make sure to help India reach greater heights in the future.

- Dr. Aarti Madhaswar
Lecturer

Department of Orthodontics



PARENTS SPEAK : JAN BHAGIDARI

THEME SLOGAN : VASUDAIVA KUTUMBAKAM
(The World Is One Family)

भारतीय प्रजासत्ताक दिवस हा भारताच्या प्रजासत्ताकात दरवर्षी 26 जानेवारी या दिवशी पाळला जाणारा राष्ट्रीय दिन आहे. भारताची राज्यघटना संविधान समितीने 26 नोव्हेंबर, इ.स. 1949 रोजी स्वीकारली व ती 26 जानेवारी इ.स. 1950 रोजी अंमलात आली. जवाहरलाल नेहरूंनी 26 जानेवारी इ.स. 1930 रोजी लाहोर अधिवेशनात तिरंगा फडकावून पूर्ण स्वराज्याची घोषणा केली होती. त्याची आठवण म्हणून 26 जानेवारी हा दिवस राज्यघटना अंमला आणण्यासाठी निवडण्यात आला.

आपण ज्याप्रमाणे धार्मिक सणवार उत्सव हे मोठ्या आनंदाने, कौतुकाने उत्साहाने साजरे करतो. त्या प्रमाणेच संपूर्ण भारतवासी काही राष्ट्रीय सण उत्सव सुद्धा साजरे करतो. त्यातील एक राष्ट्रीय सण म्हणजे दरवर्षी साजरा होणारा 'प्रजासत्ताक दिन' आपला भारत देश प्रजासत्ताक दिन साजरा करतो तो 26 जानेवारीला.

हा दिवस शाळा कॉलेजातून सरकारी-निमसरकारी कार्यालयातून, सोसायट्या, चौकांतून झेंडावंदन करून साजरा केला जातो. तिरंगी झेंडा हा देशाचा राष्ट्रध्वज आहे. मान्यवर व्यक्ती निवृत्त अधिकारी नेते मंडळी ह्यांच्या हस्ते हे ध्वजवंदन केले जाते. शाळा कॉलेजपासून कवायती. भाषणे विविध कार्यक्रम केले जातात. लहान मुले हातात झेंडे घेऊन नाचतात. राष्ट्रध्वज गौरवाने छातीवर लावला जातो.

देशात लोकशाही असणे हा नागरिकांना मिळालेला खूप मोठा हक्क आहे. आपल्या देशाच्या स्वातंत्र्यासाठी हजारो, लाखो स्वातंत्र्यसैनिकांनी बलिदान दिले. ते बलिदान आपण व्यर्थ जाऊ देता कामा नये. लोकशाही म्हणजे लोकांचे, लोकांसाठी आणि लोकांनी चालवलेले सरकार असते. आम्हाला आमचा देश प्रगतीपथावर न्यायचा आहे. सर्व भारतीयांची प्रगती करायची आहे. प्रजासत्ताक दिन हे त्याचेच प्रतिक आहे.

-Rajendra Bandekar
Father of Saloni Bandekar

Orientation Program

2nd January 2023

Department of Oral & Maxillofacial Surgery organised an orientation programme for the newly joined students & their parents in the Dr.APJ Abdul Kalam's Auditorium on 2nd January, 2023. On the first day of Orientation the students were welcomed by our Dean ma'am Dr.Srivalli Natarajan and the faculty.



Dr.Sarika Shetty explained about the Student Welfare & it's importance. Dr.Sneha Navre showcased a light on UGC Guildelines and Instructions & made the students aware of the workplace ethics.A Lecture regarding Code of Conduct and its importance was conveyed to students and parents by Dr. Rashmi Hosalkar.



Orientation Program

2nd January 2023



On the first day of Orientation the students were introduced to various Departments of the college in order to make them familiar with the various departments in the college. The heads of the Departments addressed the students and explained them about the respective department, the academics and various opportunities.





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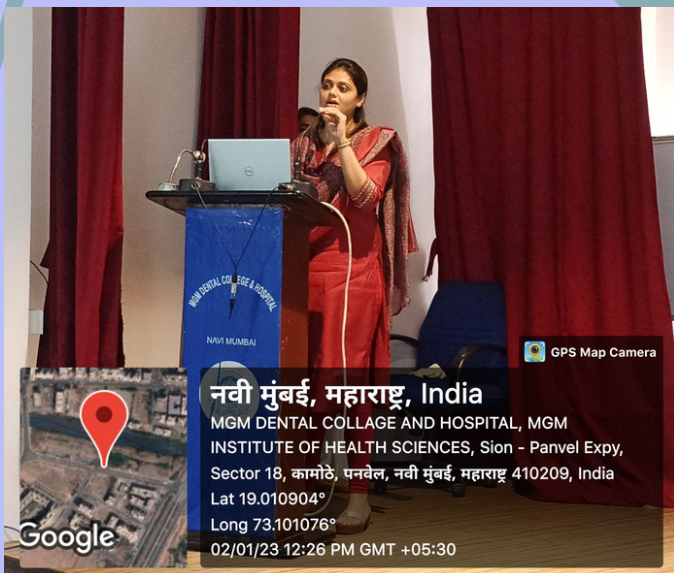


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The Lecturers from the Medical College who are incharge of the dental students for first year year academics for subjects the Anatomy Physiology, Biochemistry also made the students familiar with the working of the department and the approach they need for the academics.



Dr. Anjali Gheware
(Professor in Department of
Orthodontics) , Dr. Divya
Naik(Reader from
Department of
Conservative) also
addressed the students.



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Orientation Program

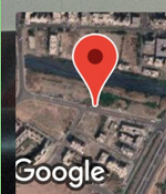
3rd January 2023

The second day of Orientation Program was conducted on 3rd January 2023 by OMFS Department. Lecture and method of cleansing your heart by Rejuvenation technique was practised among the faculty and the newly joined students.



All the newly joining students were given tour of the departments by the Interns.

Dr.Suraj Ahuja, lecturer of department OMFS, conducted a lecture on Digital Dentistry. Guiding the students to understand the power of spreading awareness and good dental health through means of mass communication.



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Temporomandibular Joint & Sleep Disorder Screening

CDE Program by Oral and Maxillofacial Surgery

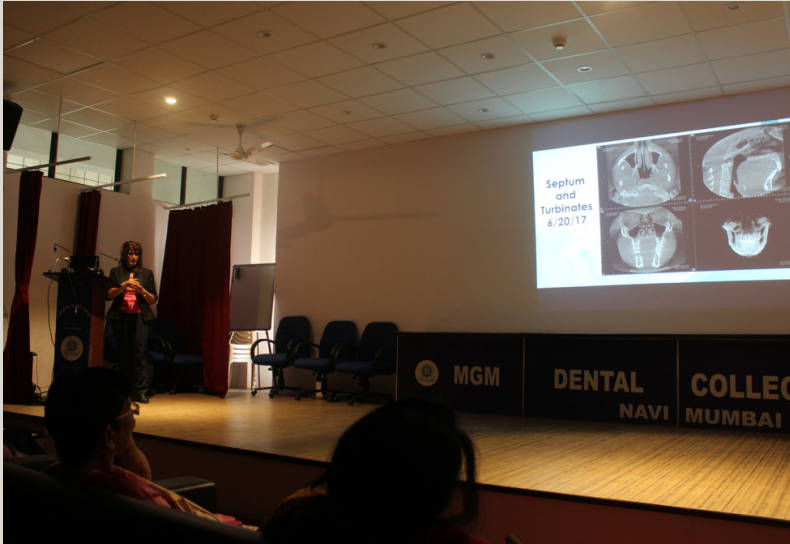


The Department of Oral Maxillo-Facial Surgery organised a Screening of TMJ & Sleep Disorders on 5th January, 2023 at 11:30 - 1:00 pm in APJ Abdul Kalam's Auditorium.

The guest speaker, Dr. Shab Krish DDS, MS, the director of TMJ and Sleep Therapy Centre of North Texas was warmly welcomed by starting with traditional method of lighting diya starting the event with positivity and hope. She explained & gave an insight into TMJ disorders and its relation to craniofacial pain and how to relieve it.



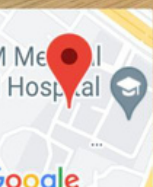
Temporomandibular Joint & Sleep Disorder Screening



Dr. Shab Krish started with the reason she started research, she after suffering from Temporomandibular Disorder (TMD) pain herself for many years and being unable to find a solution, started to study TMD, Sleep Disordered Breathing, and Craniofacial Pain. She now has over 20,000 Continuing Education credits in the field, including board certifications with the American Academy of Craniofacial Pain.



The programme was very helpful in providing knowledge and bring about awareness regarding TMJ disorders and sleep disorders and how to tackle them. It will help students to address patients with such disorders in their clinical practice.



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What after BDS?



A lecture series was organised by Dr.Chinmay Rao (Department of Oral and Maxillofacial Surgery) and the career guidance cell in collaboration with the Alumni association



What after BDS? Is a concerned topic for budding dentists. The lecture helped give Career guidance after BDS and Explained about opportunities available for the Students after BDS



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MDS

MHA/MBA

Academics

Entrepreneurship

Competitive Exams

Research

Consultant

Clinic

MS/PhD/DDS



Becoming a dentist in Canada



A lecture in continuation with What after BDS? lecture series was held by the Career Guidance Cell in collaboration with Alumni association conducted by our very own Dr.Chinmay Rao & Dr.Pallavi Shankar on 6th January 2023.



The guest speaker was our very own illustrious alumni Dr. Pallavi Shankar. The lecture gave an insight on the International Licensure Procedure in Canada for dentists.



The lecture made the students aware of the opportunities available in various countries for the branch of dentistry and gave them a new career path to explore after BDS and the correct approach and steps to be a successful in it.

Research: A path after BDS

In continuation with the lecture series **What after BDS**, a lecture was organised by Career Guidance Committee in association with Alumni association under "Margadarshan initiative" on **Research -A path to explore after BDS** on 13th January, 2023. The guest speaker was **Dr. Snehal Ghodke**, an Alumni of MGM Dental college.



Alumini **Dr. Snehal Ghodke** explained the various perspectives and paths available for research after BDS, what skillset research entails, pursuing career in MPH and about the various opportunities and perspectives of research in other countries to the students.

CBCT value added course

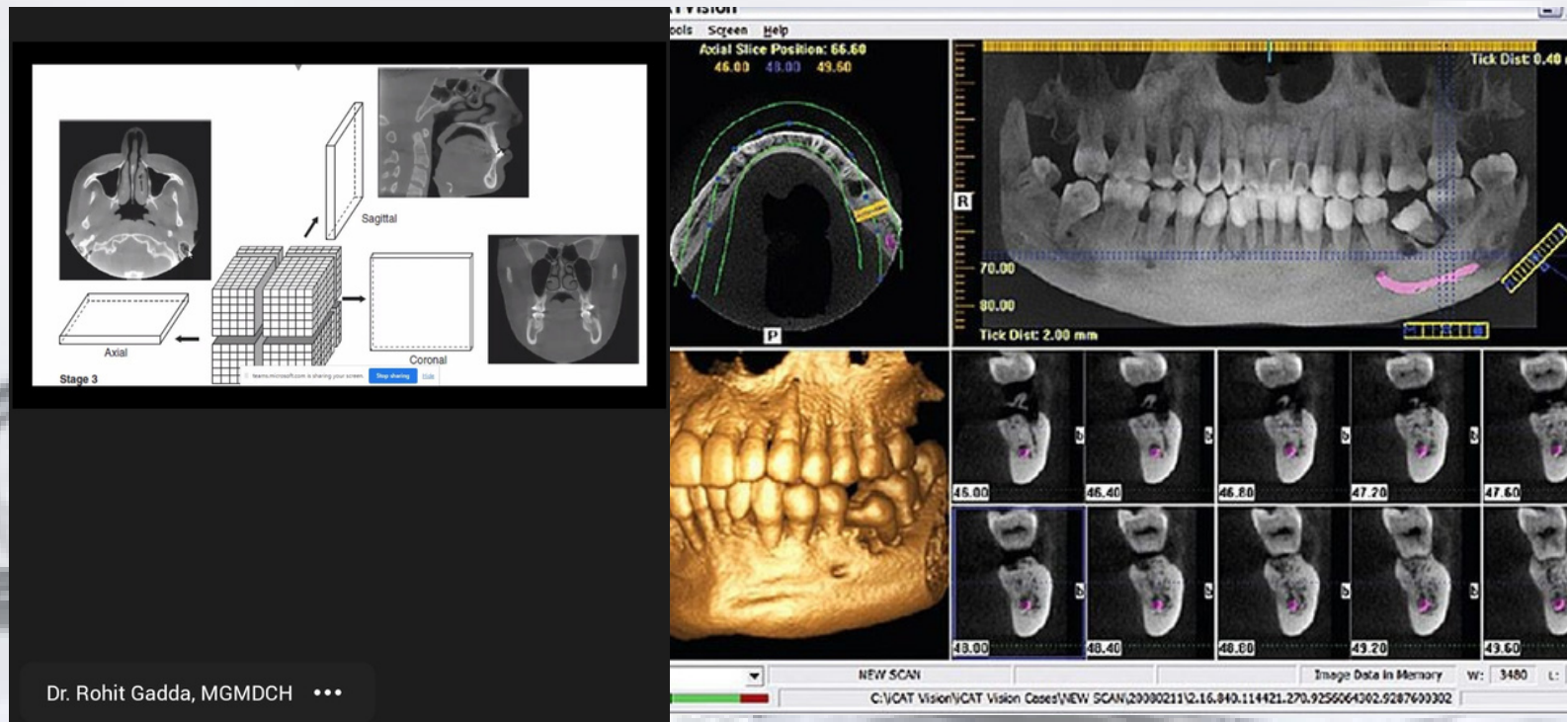


Dr. Rohit Gadda (Lecturer of Oral Medicine and Radiology Department) and Dr. Isha Mishra organised a Value Added Course on 10th January, 2023 regarding the topic Cone Beam Computed Tomography in a lecture hall. There was a great response from students for learning a concept in much more deeper understanding.

The program held a discussion too on the known cases. Pre - Test & Post test were being conducted on the basis of basic clinical applications.



CBCT webinar



Dr. Rohit Gadda, MGDCH ...

A webinar was held on 13th January, 2023 on Cone Beam Computed Tomography online by Dr. Rohit Gadda (Lecturer of Oral Medicine and Radiology Department). There was a great response from students for learning the concept and new advances in much more deeper understanding.



New year, New Art



Rushika Kakade
Intern



Mr. Ajinkyaraje Yadav
Radiographer
(Department of Oral Medicine
and Radiology)



Krishna Barbariya
1st year

Vande Bharat -by Musical strings



Vande Bharat was organised by The musical chairs-The musical committee of MGM Dental college. Patriotic songs were sung by the students and interns in the morning assembly on 23rd, 24th and 25th January to celebrate Republic day.

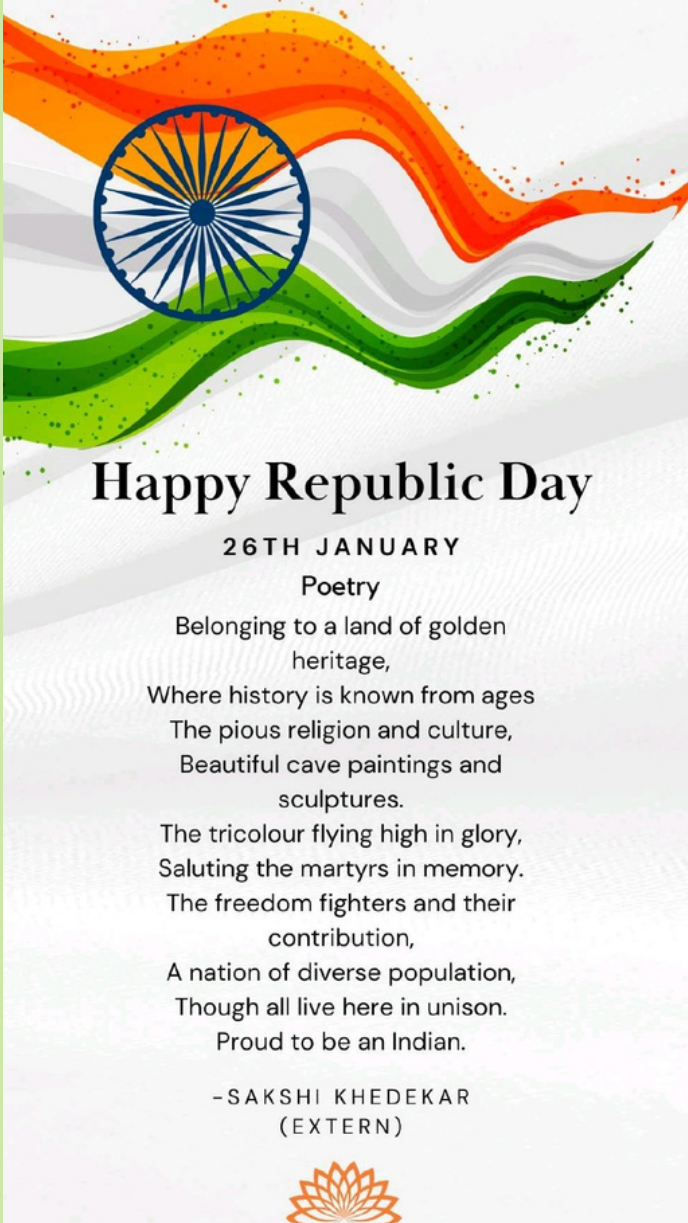


Performances of singing were conducted by Interns. Residents were also encouraged to actively participate in singing and enjoying the cultural program.

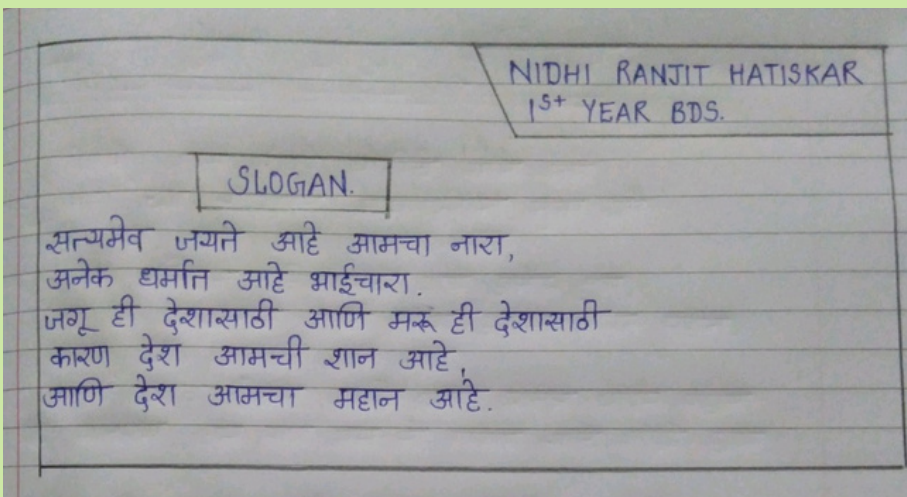


Republic Day Special

Poetry & Slogan Competition



Poetry & Slogan writing Competition was held online on the Occasion of the 74th Republic Day, on 26th January, 2023 by Kalam-The Literary Committee. Students from all the years and interns were zealous about the participation. The judge of the competition was Dr. Srirang Sevekar (Professor, HOD of Pedodontics Department). The first place in the Poetry competition was bagged by Sakshi Khedekar an intern and Nidhi Hatiskar from the first year won the first place in slogan competition. The winners were felicitated with E-certificates.





YOGA: Everything is Linked

Inauguration of Yog Vatika



The inauguration of 'Yog Vatika' - Yoga Centre was done on 31st January 2023. The event was organised by Yoga and Wellness committee of the MGM Dental college. Dr. Priyanka Tidke (Member secretary of the Yoga committee) along with the members Dr. Saurabh Waghchaure, Dr. Akanksha Kandoi and Dr. Deeksha Shetty played a key role in organizing and conducting the Yoga session.



The yoga instructor Mr Gangaprasad Kharat guided everyone and explained the harmony between the body and mind through stretching, breathing, and introspection. He also gave an insight as to how yoga an exercise in general, also has roots as a practice of spirituality. Students and professors took part and enjoyed the session with mindfulness getting more vigorous to the schedule.



CREATIVE BRAINS

आज तिरंगे को भी खुश देखा है मैंने
लाल क़िले को छोड़िए दिलों में फहरते देखा है मैंने

बहुत बड़े लोंगो ने बेचे हैं ईमान अपने
आज बच्चों को तिरंगा खरीदते देखा है मैंने

कभी भगवे में हिन्दू, सफेदी में क़फ़न, और हरे में मुसलमान
को लिपटे देखा है मैंने
आज तीनों को एकसाथ चक्र में चलते देखा है मैंने

यूँ तो आज़ादी की कोई कीमत नहीं होती
पर फिर भी बहुत कुछ चुकाई है हमने

तब उन स्वतंत्रता सेनानीयों और अब
सरहदों पर सैनिकों की जान गवाई है हमने।



Sakshi Gupta
1st Year

CREATIVE BRAINS

"Where the mind is without fear and the head is held high..." -Rabindranth Tagore

This beautiful poem ignites the patriotism that lies deep within us ,just needing a spark to grow in a fire that would light up the whole country. Everyday, if everyone wakes up with this fire ,doing their best at the work and hence contributing to the progress of the country,our country will be a better place to live in.

Why doesn't that spark hit everyone? Why some people love their country endlessly and others just merely exist not bothering about the welfare of the country?

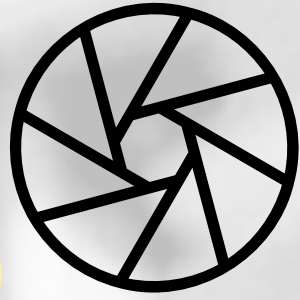
From the "Jana Gana Mana" being sung in school assembly to standing up for the same in theaters we all grew up,then why the feeling of patriotism is inculcated in only few of the individuals? The reason is insensitivity and the lack of realization in majority of people that their small contribution can lead to tremendous progress of this country. People don't see that their actions can lead to a domino effect that will have a huge impact on the country as a whole.

If each and every person living in India realizes that they have immense potential of making our country lead path of success, everyone's contribution will sum up and will make wonders that we could never ever dream of.

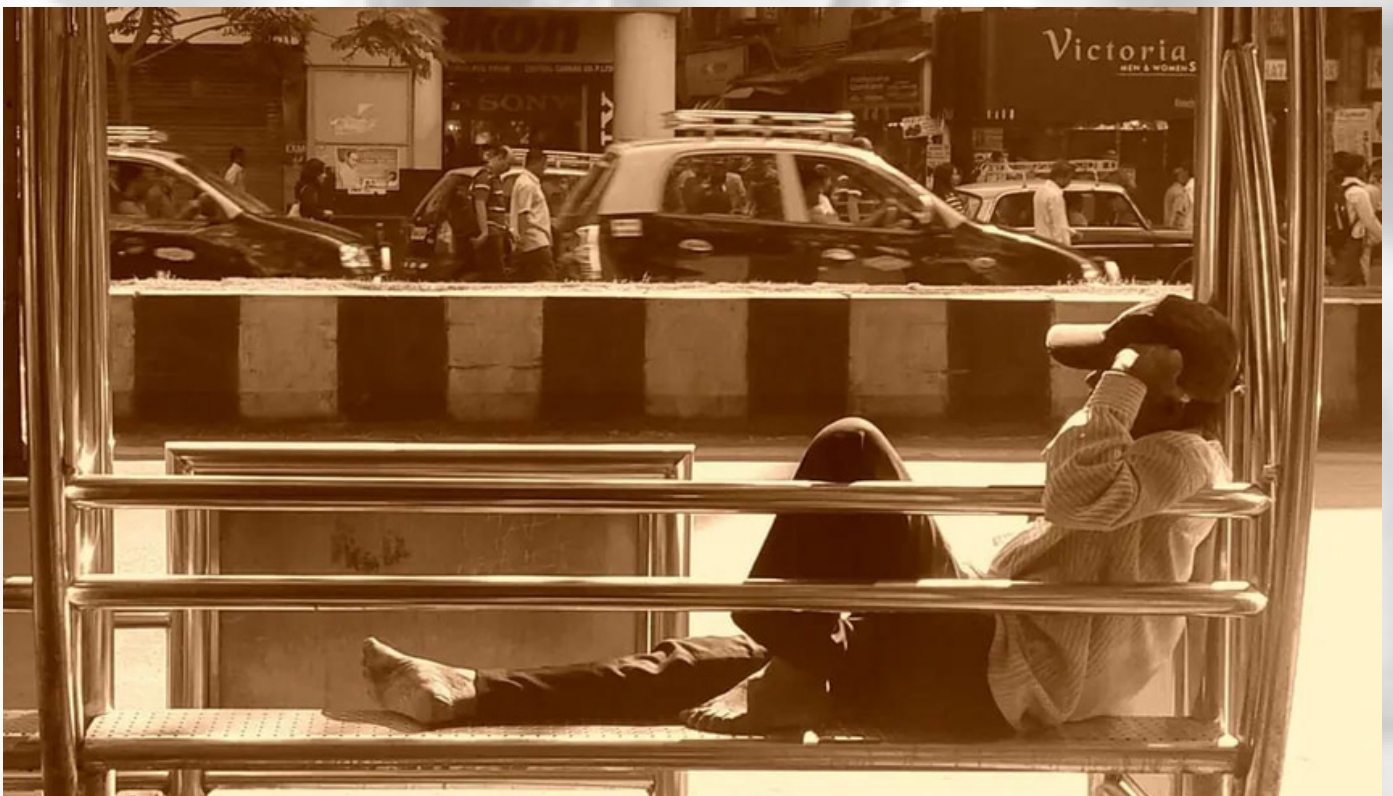
"Into that heaven of freedom ,my father ,let my country awake".

Disha Somani
2nd Year

Pixel Candid Shot



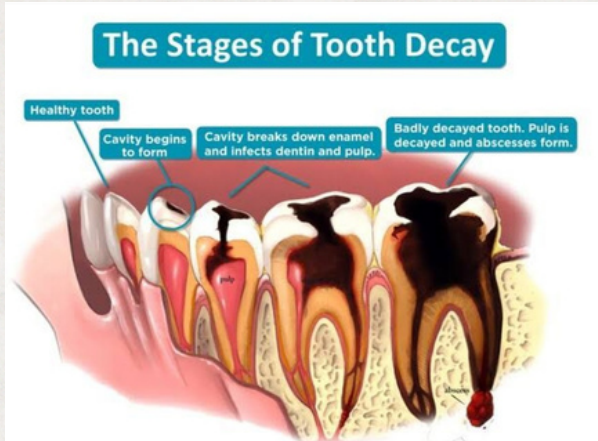
Everything comes in a time
to those who Wait.



DR. PADMAKAR BAVISKAR
LECTURER OF DEPARTMENT OF
ORALMAXILLO FACIAL SURGERY



PUN-TASTIC WORDPLAY AND QUOTES



Q: What is the number one reason patients don't show up for root canals?
A: They lose their nerve.

**Saloni Bandekar
Intern**

Q: What is it called when an astronaut gets a cavity?
A: A black hole.

**Pratik Dhodi
Intern**



Q: Why should you always be nice to your dentist?
A: Because they have fillings too.

**Amrita Agrawal
Intern**