

APRIL 2023 | Issue No. 20

MAHATMA GANDHI MISSION'S  
DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.

अपनी खबर

#Health for All



WORLD  
HEALTH DAY  
7<sup>th</sup>  
APRIL

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World Health Day (WHD), held every year on 7 April, marks the anniversary of the founding of the World Health Organization (WHO) in 1948 and each year focuses on a specific public health concern. In addition to focusing on the journey to achieving Health For All, which is this year's theme, WHO will observe its 75th anniversary under the theme 75 years of improving public health.

It's a day to focus on and raise awareness around health issues that affect people all over the globe.

This year's theme "Health For All", which encompasses the equal access for a good quality health services across all regions with limited or no financial risk.

## From Dean's Desk : HEALTH FOR ALL



**Health is the most important thing we can possess. It determines how we interact with the world and enjoy our lives. Having a balanced diet, getting enough sleep and regular exercise, is an important part of living a healthy lifestyle. It is vital that we strive to keep our bodies and minds healthy. When we talk about physical health, it largely stands for the absence of illnesses or disorders. It is characterised by a state of optimum growth, development and functioning of the body. Generally speaking, physical health is maintained through proper nutrition, exercise, and adequate rest.**

**Mental and emotional health refers to the ability of a person to think rationally, control their emotions and behaviour and cope with the regular demands of life. To sustain good mental and emotional health, it is essential to nurture healthy relationships, get enough sleep, have meaningful connections with people, and take part in activities that make us feel good. Health being a multidimensional concept in which all aspects of life play a role and it is therefore essential to strive for good health in all its aspects. Good physical health can be attained through proper nutrition, exercise and adequate rest, while good mental and emotional health is sustained through managing stress, nurturing and sustaining healthy relationships, and engaging in activities that make us feel good.**

**DR. SRIVALLI NATARAJAN  
DEAN, MGMDCH**

**HOD, ORAL AND MAXILLOFACIAL SURGERY DEPARTMENT**

**SUB-EDITOR'S SAY : HEALTH FOR ALL**

**The 21st century is an era of science. Newer technologies in today's fast-paced world has led everyone to focus on materialistic goals and success neglecting their health. To emphasize the need of living a healthy and fulfilling life World Health day is celebrated on 7th April each year. The need for World health day was felt owing to the increase in number of illness and diseases. This year the WHO completes 75 years since its foundation and the theme for this world health day is, "Health for all". This encompasses bringing about awareness from the young to the old.**

**The world is everchanging and evolving. The Covid -19 pandemic has had devastating effects on health. In general being a teenager is tough, but being one in a highly competitive world with a pandemic is even more tougher. The perspective of teenagers has changed towards health since the pandemic, it has led to decreased exercise, increase in the use of social media, increase in the intake of junk food and neglect towards overall health. A young-adult life or a teenage life is a transient phase in life. One has to cope up with many challenges and face people from all walks of life, it's a time to explore the world, to set new milestones and to make a place for oneself in this world. The concept of health is not just an absence of a disease but a complete physical, mental, social and emotional well-being of a person.**



**Dr. Sarika Shetty**  
**Professor**  
**Department Of Periodontics**

## FACULTY : HEALTH FOR ALL

### IF STRESS BURNED CALORIES I'D BE A SUPERMODEL

"If Stress burned calories I'd be a supermodel" once said a corporette.

Anxiety, stress, anger, low self esteem, comparison, competition has been an everyday thing in our lives. These negative emotions reduce inner power and are the signs of poor emotional health. Stress refers to emotions associated with feeling of rejection, over thinking, holding to something for long etc. Earlier there was no word called 'stress' at the most we would use the word 'tension' currently this has been replaced by words like 'Stress' and 'Depression'. Today's health professional has to be both smart and good. That is virtuous and resilient, both mentally and emotionally. Emotional turbulence affects almost all body organs leading to conditions like diabetes and hypertension early in life and this is a global phenomenon.

The World Health Organization (WHO) which was founded in 1948. is observing its 75th anniversary this year. The theme for the World Health Day 2023 is "Health For All." The aim of the theme is to create an opportunity for the world to look back at public health successes that have helped improve the quality of life over the past 70 years. The theme also calls on the world to take required actions which can help tackle health challenges. The root cause of all diseases in the present times is poor emotional health.

Stress is one of the most common emotional challenge encountered by health professionals. Research on emotional intelligence (EI) suggests that a stress free doctor is associated with more pro-social behavior, better academic performance and improved empathy towards patients. In medical education and clinical practice, EI has been related to higher academic achievement and improved doctor-patient relationships. Emotional intelligence, one of the psycho-affective domains in medical education, has also been related to clinical performance and higher academic achievement. Through this article I have made an attempt to suggest some simple tips to cope up with stress which is an important aspect of emotional intelligence.

#### Reasons for stress in everyday life

Stressful events like health problems, major life events, exams, tight deadlines is not an everyday event, in reality it is the everyday unnoticed mundane events which if not taken care acts like stressors and has a slow poison effect on the body.

There are countless articles on how to reduce stress, live a positive life, and be more Zen, while we're all on board for trying to be happier, aiming to totally eliminate stress from your life is not sustainable and frankly not practically possible. What is possible? Learning how to handle the inevitable stress that's part of life so you can deal with it constructively without letting it ruin your day. In this article, I have addressed common daily stressors and how to manage them in real time.

#### Running Late In

Mornings can be stressful—that's inevitable in Mumbai. When you're in hurry and trying to do everything at once, it can backfire. Frazzled, you're more likely to make mistakes. You, spill your coffee, forget to pack a lunch, forget your phone charger or keys. So what should you do to avoid stress if you find yourself in a hurry to leave the house but have a ton of things to do first?. Follow this tip. Preprepare the entire week over the weekends, it includes what you wear like your outdoor/indoor clothes, your gym wear and all your accessories.

Shopping and stocking groceries, your weeklong cooking menu list should be done on the weekend, pre preparation for lunches to be done on the previous day. Have the habit of doing a "To do list" the previous day which is a tentative list of things what you intend to do the following day, you have to take the task one at a time and move to the next task only after completing the previous task because Neuroscientists say that multitasking drains you of mental energy; it causes you to feel more fatigued and actually hinders your ability to do any one task well.



**Dr. Deeksha Shetty**  
**Reader,**  
**Department of Public Health Dentistry,**  
**MGM DCH**

# Parents speak

## HEALTH FOR ALL

आजचा काळ हा स्पर्धेचा काळ म्हणावा लागेल, जिथे सर्वजण एका वेगळ्याच धावपळीत गुंग आहेत. अनेकांचे तर फक्त काम आणि पैसा एवढ्याच दोन गोष्टींकडे लक्ष असते. परंतु त्यासाठी आरोग्याकडे होणारे दुर्लक्ष हे भविष्यात परवडणारे नसते. आपली जबाबदारी म्हणून शरीराकडे कितीसे लक्ष आपण देत असतो याचा विचार केला पाहिजे. आपले आरोग्य आपणच जपले पाहिजे.

आजचे दवाखाने, औषधोपचार, शस्त्रक्रिया ह्या एवढ्या महागड्या आहेत की व्यक्ती नाईलाज म्हणून तो खर्चही सहन करतो. अशातच त्यात जाणारा वेळही खूप असतो. रासायनिक औषधे आपल्याला वरचेवर बरे करतात आणि त्यांचे सेवन जीवनभर करावे लागेल अशी ग्वाही स्वतः डॉक्टरच देतात. म्हणजे एखादी समस्या उद्भवली की कायमचा उपाय करण्यापेक्षा आपण मेडिकल, दवाखाना यांच्याशी बांधले जातो. त्या सर्वांचा असणारा मनःस्तापही मोठा असतो.

आरोग्य म्हणजे शारीरिक आणि मानसिक असे दोन्ही पद्धतीचे आरोग्य अभिप्रेत आहे कारण मानसिक स्थिती जर कणखर नसेल तर शरीरावर त्याचे विपरीत परिणाम दिसून येतात. मनात भीती, टेन्शन असेल तर रक्तदाब, डोकेदुखी, हृदय विकार ह्या समस्या उद्भवतात. शरीराची चांगल्या प्रकारे सुव्यवस्था राखायची असेल तर मानसिक आरोग्यही जपले पाहिजे. त्यासाठी आपण योगा, प्राणायाम, मेडिटेशन करू शकतो.

मानसिक आरोग्य सुधारले की तुम्ही आपोआप आनंदी आणि समाधानी राहता. तुमचा विचार करण्याचा आणि जगण्याचा दृष्टिकोन बदलतो. आता मुद्दा राहतो तो म्हणजे शरीर! शरीर हे एक यंत्र आहे. ते सतत चालू राहिले पाहिजे. प्रत्येक अवयव हा कार्यात मग्न असला पाहिजे. हात पाय सतत कामात किंवा व्यायामात उपयोगात आले पाहिजेत. त्या व्यतिरिक्त ताठ बसणे, व्यवस्थित चालणे, एखादा शारीरिक खेळ खेळणे हे शरीरासाठी आरोग्यदायी अशा गोष्टी आहेत.

Rasika Rajendra Bandekar  
Mother of Saloni Bandekar  
( Intern )

# CAPE 3.0

## Workshop on Professional Ethics



MGM DENTAL COLLEGE & HOSPITAL, NAVIMUMBAI  
Accredited by NAAC with A ++ Grade

**CODE OF CONDUCT COMMITTEE**

PRESENTS

# CAPE 3.0

*A workshop on Professional Ethics*

ON

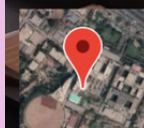
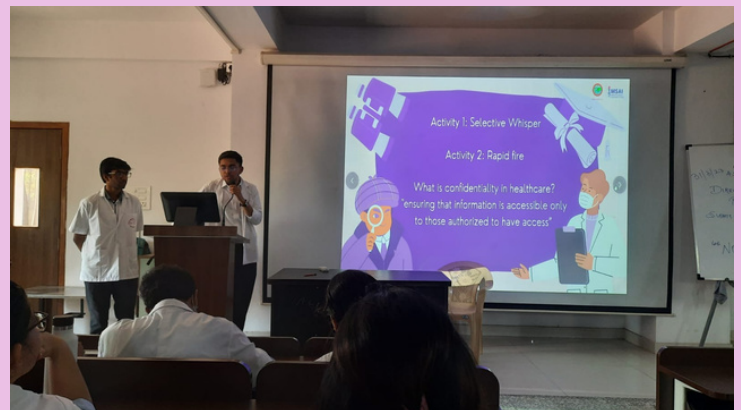
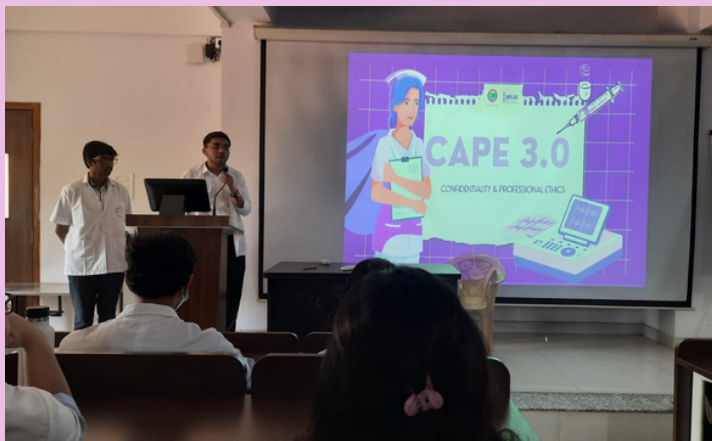
5<sup>TH</sup> & 6<sup>TH</sup> APRIL 2023, FROM 1 TO 4 PM

SKILL DEVELOPMENT LAB, 5<sup>TH</sup> FLOOR



**TARGET AUDIENCE: III BDS STUDENTS**


Students of Third BDS participated in Workshop of Professional Ethics conducted By Code of conduct Committee . It was a 2 day workshop ; where students were made aware of various laws ; Ethics practiced in Medicine and dentistry.




Navi Mumbai, Maharashtra, India  
2483+QC9, MGM Campus, Kamothe, Panvel, Navi Mumbai,  
Maharashtra 410206, India  
Lat 19.016864°  
Long 73.103672°

GPS Map Camera

# Hands on Workshop on Esthetic Restorations by Dr. Pradeep Shetty



**MGM DENTAL COLLEGE & HOSPITAL**  
KAMOTHE, NAVI MUMBAI  
Accredited by NAAC with A++ Grade




**INSTITUTION'S INNOVATION COUNCIL**  
(Ministry of HRD, Government of India)

**DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS**  
In Collaboration with  
**INSTITUTION'S INNOVATION COUNCIL**

**HANDS-ON WORKSHOP ON DIRECT ANTERIOR ESTHETIC RESTORATIONS FOR INCISAL ANGLE BUILD-UP**  
A Professional Development Program  
(Industry Academia)

**SPEAKER,**  
**DR. PRADEEP SHETTY,**  
B.D.S, M.D.S, Ph.D,  
PROFESSOR AND HEAD,  
DY PATIL DENTAL SCHOOL, LOHEGAON



**Date: 19<sup>TH</sup> April 2023**  
**Venue: Dr. APJ Abdul Kalam Auditorium**

Department of conservative dentistry in collaboration with IIC Conducted a Hands on Workshop for Incisal angle buildup. Speaker ; Dr.Pradeep Shetty Took an insightful lecture on various restorations and treatments in Dentistry.



## Demonstration of composite buildup



# Research Methodology Workshop

MGM's Dental College & Hospital, Navi Mumbai  
Accredited with 'A++' Grade by NAAC



**Research Methodology**

**MUHS Approved Basic Research Methodology Workshop**

HSET Unit & Dept Of PHD INITIATIVE


11<sup>th</sup> -13<sup>th</sup> April 2023



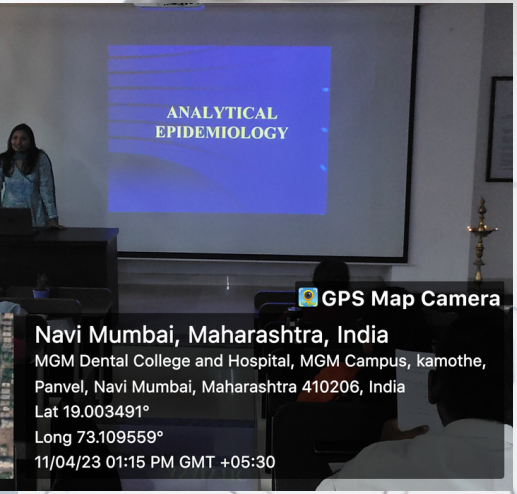
Health Science Education Technology Unit in association with Department of Public Health Dentistry Conducted a 3 Day Research Methodology Workshop.



Lectures were conducted by Dr. Vaibhav Kumar ; Dr.Romi Jain. Followed by Group Activity and Questionnaire Designing.



# Day 1





# Research Methodology Workshop



## Day 2

Lectures were taken by Dr. Nikhil Bhanushali , Dr. Vineet Vinay and Dr. Ketaki Bhor. Group activities were conducted.



Lectures were conducted by Dr. Rizwan Sanadi , Dr. Gokul Sridharan and Dr. Vineet Vinay .

Group Activities were conducted , Followed by Post Test and Feedback Forms. Valedictory Ceremony also took place



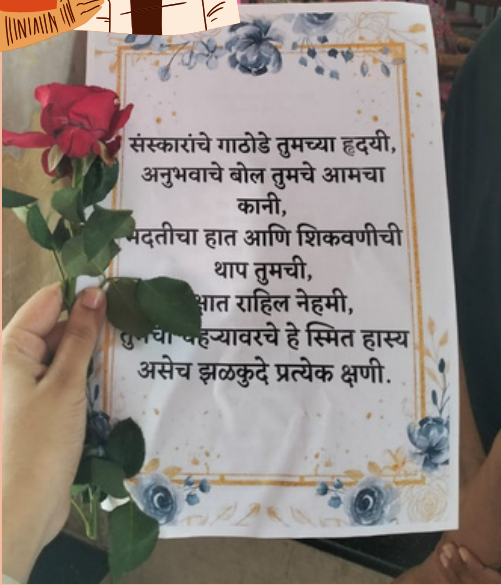
## Day 3



# Kalam Initiative : Old Age Home Visit



**"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."**



संस्कारांचे गाठोडे तुमच्या हृदयी,  
अनुभवाचे बोल तुमचे आमचा कानी,  
मदतीचा हात आणि शिकवणीची थाप तुमची,  
आत राहिल नेहमी,  
तुमचा वैह्यावरचे हे स्मित हास्य  
असेच झलकुदे प्रत्येक क्षणी.



**Kalam the literary club of MGMDCH ; organized a visit to Girija foundation; Old age home in Nere; Panvel.**

**They conducted a free dental health checkup of the elderly and the children, interacted with them and advised them regarding oral hygiene maintenance . Heartwarming poems and letters written by the students were also read out to them.**



GPS Map Camera

Nere, Maharashtra, India  
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GPS Map Camera

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GPS Map Camera

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GPS Map Camera

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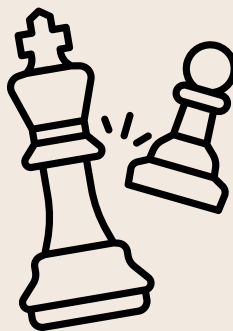
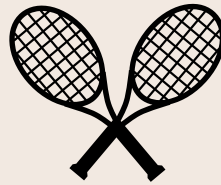
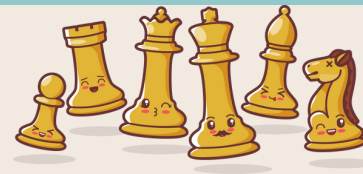
# Intercollege Indoor Sports Tournament



Eklavya ; the sports club of MGM Dental college and hospital conducted an intercollege indoor sports tournament on 20 and 21st April ,2023.

Indoor sports tournament included chess ; carrom and table tennis.

Enthusiastic students and interns actively played ; staff members also enjoyed the tournament.



# 11th National Workshop on Temporomandibular Joint Disorders: Diagnosis to Treatment A Comprehensive Approach

**11<sup>th</sup> National Workshop on Temporomandibular Joint Disorders: Diagnosis to Treatment A Comprehensive Approach**

21<sup>st</sup> - 23<sup>rd</sup> April, 2023

Department of Oral & Maxillofacial Surgery  
MGM Dental College & Hospital, Navi Mumbai

Indian Academy of Maxillofacial Surgery

Venue  
MGM Dental College & Hospital  
Junction of NH4 and Sion-Parvel Expressway,  
Sector 1, Kamothe, Navi Mumbai.  
Pin 410209.

**Department of Oral and Maxillofacial surgery, MGM Dental College and Hospital organized a 3 Day National Workshop on Temporomandibular Joint Disorders: Diagnosis to Treatment A Comprehensive Approach.**

**On Day 1 ; Conference began with felicitation and welcoming of speakers. Followed by their seminars , and various case based scenerious were discussed . Paper presentation by delegates and its discussion.**

## DAY 1



# 11th National Workshop on Temporomandibular Joint Disorders: Diagnosis to Treatment A Comprehensive Approach



## DAY 2



Navi Mumbai, MH, India  
Kamothe, Navi Mumbai, 410209, MH, India  
Lat: 19.016934, Long 73.103724  
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Note : Captured by GPS Map Camera



Day 2 , 22nd April , Dean Dr.Srivalli Natarajan Ma'am Fecilitated and welcomed the the Chairperson Dr. Vinod Kapoor, Dr. BM Rudagi and Dr.Babu Parmar and esteemed guest speakers of the day. Followed by their Insightful seminars and lectures.



# 11th National Workshop on Temporomandibular Joint Disorders: Diagnosis to Treatment A Comprehensive Approach



## DAY 3



Day 3 , Table clinics were presented by delegates. A live Demonstration of bone plating ; ORIF and semi rigid and rigid fixation was shown. Followed by Hands on Session.



# Spandan

MGM Dental College & Hospital,  
Navi Mumbai in association with  
Maharashtra University of Health  
Sciences organized  
Cultural Program "SPANDAN 2023"



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक  
आणि  
महात्मा गांधी मिशन दंत महाविद्यालय आणि रुग्णालय  
नवी मुंबई

**स्पंदन - २०२३**  
(नृत्य)  
*Rhythm of Life*

राज्यस्तरीय सांस्कृतिक  
युवा महोत्सव

२७ - २८ एप्रिल २०२३

स्पंदन - २०२३ (नृत्य)  
*Rhythm of Life*  
राज्यस्तरीय सांस्कृतिक युवा महोत्सव  
परिशिष्ट / वेळापत्रक

दिनांक	वेळ	कार्यक्रम
२७/०४/२०२३ गुरुवार	सकाळी ७.३० ते ९.०० वा.	सहभागींची नांदणी आणि नाचा
	स. ९.०० ते ११.०० वा.	उदघाटन समारंभ
	स. ११.०० ते दु. १.०० वा.	सत्र १ (३ सभागृह)
	दु. १.०० ते १.३० वा.	जेवणाची सुट्टी
	दु. १.३० ते ४.०० वा.	सत्र २ (३ सभागृह)
	दु. ४.०० ते ४.३० वा.	चहा
२८/०४/२०२३ शुक्रवार	दु. ४.३० ते सं. ६.०० वा.	सत्र ३ (३ सभागृह)
	सकाळी ७.३० ते ९.०० वा.	नाचा
	स. ९.०० ते दु. १२.३० वा.	अंतिम फेरी, सत्र १ (२ सभागृह)
	दु. १२.३० ते १.०० वा.	जेवणाची सुट्टी
	दु. १.०० ते ३.३० वा.	अंतिम फेरी, सत्र २ (२ सभागृह)
	दु. ३.३० ते ४.०० वा.	चहा
दु. ४.०० ते सं. ५.०० वा.	पारितोषिक वितरण आणि समारोप	

# Spandan

## Rally



## Inaugural Ceremony of Spandan



Honorable Pro Vice Chancellor of MUHS - Dr. Milind Nikumbh, Student Welfare Director - Dr. Manoj Kumar More, Dr. Akshata Prabhu, Mr. Arun Nalavade, Mr. Umesh Jadhav grace the Inaugural ceremony.





# Spandan

Group dance performances by students of colleges all across Maharashtra.

Enthusiastic performances ; Folk dances by students were evaluated by Judges and scores were marked accordingly.



# Spandan

Solo Dance performance by dancers were of 10 to 15 mins along with Live music and singing by their accompanists. These dances beautifully expressed Rich Indian culture .



# Spandan

## Valedictory Function

**Dignitaries who graced the valedictory ceremony - Mr. Vijay Patkar, Mr. Santosh Bhingarde, Mr. Sandeep Naware, Ms. Farah Khan, Dr. Manoj Kumar More, Dr. Swapnil Torane.**



# ACHIEVERS SECTION

## DENTCON 2023 organized by PDWA



Amrita Agrawal  
2nd Place  
Poster Presentation



Rhea D'cunha  
2nd Place  
Paper and Poster  
Presentation



Shrutika Pandit  
2nd Place  
Paper Presentation

# ACHIEVERS SECTION

## DENTCON 2023 organized by PDWA



Dr.Kashmira Kadam  
2nd Place  
Paper Presentation

Dr.Pradnya Korwar  
1st Place  
Paper Presentation



# CREATIVE BRAINS

## Poetry on World Health Day

### HAPPY HEALTH



**This is the day to manifest happy health,  
Its not just about eating vegetables till  
death;**

**It's about how we can come together ,  
to help us all live healthier and longer..  
It's about making amazing discoveries ,  
like medicines and vaccines..**

**About keeping us safe from nasty diseases,  
Painful ones and deadly ones and some  
horrible ones you've never heard of!**

**Let's keep striving and addressing,  
The health challenges of future.**

**It's a check for the existing reality!**

**A healthy world,**

**For our youth to nurture;**

**With science, solutions and solidarity!**



~Apeksha Sanghvi  
(3rd year)

# CREATIVE BRAINS

## Poetry on World Health Day

### World Health Day

Being healthy is an essential part of life. One's physical Health can be kept in check by regulating the food intake and amount of exercise. However, mental Health is a more sensitive area that can be affected in small and large magnitudes. Being mentally and emotionally healthy is equally crucial to leave a normal and active life.

7th April is celebrated as World Health Day to pay our respect and regards to the doctors and other medical professionals who have dedicated their lives to serve humankind. They have taken a sacred oath to serve our people, and we must recognize their efforts. The theme for World Health Day 2020 was decided to give special acknowledgment to the nurses and the midwives about the present global scenario. They have sacrificed everything to help the world survive the Covid-19 pandemic.

The year 2020 witnessed unimaginable horrors due to the spread of Coronavirus or Covid-19 all over the world. More than 10,00,00 people have died globally, and there seems to be no immediate solution to the crisis. Doctors and nurses worldwide are working days at a stretch to cure and help infected patients. They deserve our respect and support for handling the situation as best as they can.

The objective of World Health Day is to spread awareness around the globe on a specific issue relating to Health.

Every year a diverse theme is chosen, and global awareness is spread regarding the issue. Every school and college celebrates the day in different ways. Some of them hold programs where they spread awareness and talk about the chosen theme. Students explain the crisis at hand and the solutions to the same. The interesting ways of raising support is indeed a miracle in today's world. The WHO has covered various themes in the past years. In 2006, the theme for World Health Day was Working Together for Health. The subject concentrated on the problematic shortage of health workers and the dilapidated conditions of hospitals in remote corners of the world. The theme was a call to the public to volunteer for such jobs and also a desperate request for more support to the medical frontiers.

Likewise, 2017 was the year when WHO laid an increased emphasis on mental health. The theme was Depression: Let's Talk. Depression is a psychological disorder that affects people of every age, and it is a widely neglected disorder. Most people disregard depression as attention-seeking behavior, and that leads to more problems. Depression is fatal and must be dealt with carefully by us. Thus, the day is essential for everybody, and we must give them attention and respect for the medical professionals as they truly deserve.

Thank you



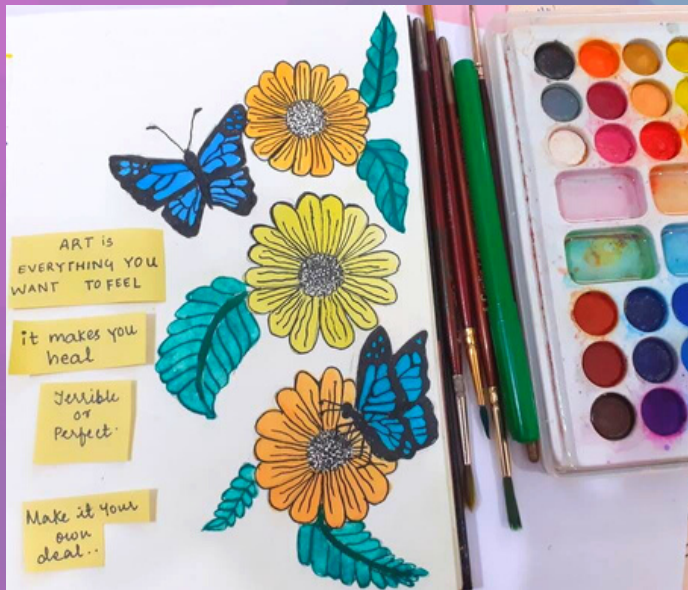
Geeta Singh  
(First year)

# Artists of MGM

**Ruchita Sukhadia**  
**Intern**



**EMBOSS PAINTING**



**Ifrah Khan**  
**Intern**



**Drishti Soni**  
**2nd year BDS**



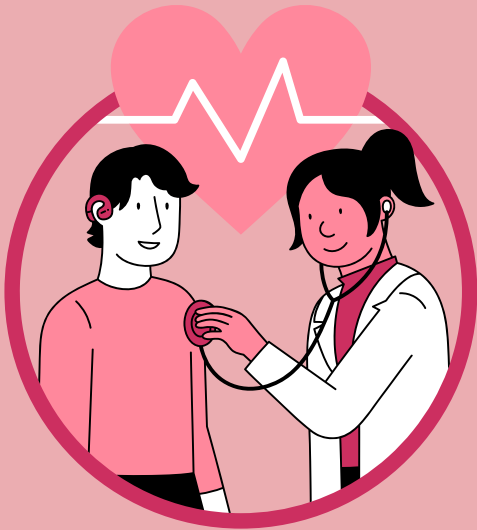


# QUOTES OF THE MONTH

**A fit body, a calm mind, a house full of love. These things cannot be bought – they must be earned.”  
– Naval Ravikant**



**Good health is not something we can buy. However, it can be an extremely valuable savings account.”  
– Anne Wilson Schaefer**



**The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.”  
– Deepak Chopra**

