



MARCH 2022 | ISSUE NO. 7

MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.



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Know your power.

A general myth that exists in the society is that issues related to women empowerment can only be addressed at an infinitesimally slower pace. Many people out there in society believe that the gender gap not really exists and some are also of the belief that the efforts made by individuals cannot actually make difference to the gender gap that exists in the society. These beliefs have over the years debilitated the power of women. The first in this endeavour to eradicating this deep rooted menace is realizing that the problem can only be identified and solved by interacting with the people who are actually irrational taboos of the society. On this day we must realize that every single person's contribution towards fighting a threat of the society counts. International women's day is all about being aware of the fact that each individual has to work in their own way for changing the ugly face of the society.

SUB-EDITOR'S SAY: KNOW YOUR POWER

Women empowerment mainly refers to the practice of making women independent so that they can take their own decisions as well as handle their lives without any familial or societal restrictions. In simple terms, it entitles women to take charge of their own personal development. Since women have always been the oppressed ones in a patriarchal society, the main motive of women empowerment is to help them stand equally with men. It is a foundational step to ensure the prosperous growth of a family as well as the country. Empowering women, the world would definitely witness gender equality and help women from every stratum of society stand on their own and steer their lives as per their own wishes.

**- Dr. Sarika Shetty
Reader
Department of Periodontics**



FACULTY: KNOW YOUR POWER

As great leaders like Swami Vivekananda have quoted, "There is no chance for the welfare of the world unless the condition of the women is improved." In the 21 century, women are no longer synonymously associated as, homemakers. Just as Maa Durga beholds the power to depict various roles, women of today's era have successfully fulfilled their roles in every sphere of their lives. What is women empowerment, 'treating women as an equal, at par with men' or 'freedom to work ? To some extent yes, but women empowerment actually means emancipation of women from the vicious grips of social, political, economical, gender based discrimination; granting hem the freedom to take decisions, become self-reliant and make their life choices. Women empowerment is promoting.women's sense of self-worth and their right to influence social change for themselves and others. "A hand that swings a cradle, if given power can rule the world." Women today are ruling over the world, through their hard work and dedication in their field of expertise and are making their mark across the globe. Many legends like Indira Gandhi, Mother Teresa, Kalpana Chawala and many more have paved their way towards excellence leaving a significant imprint in the society and a role model to all womankind. Woman must not accept, she must challenge. She must not be awed by that which is built up around her; she must reverence that woman in her which struggles for expression. Let's be the women who support other women, complementeach other, give words of encouragement, EMPOWER EACH OTHER.

**- Dr. Anjali Nagrik
Professor
Department of Orthodontics**

PARENTS SPEAK: KNOW YOUR POWER

As girls, we have gotten so far in life. We used to be so restricted, only doing what men told us we could. We weren't allowed to vote, to get a higher education, or to even get a job outside of the home. We barely had any say, and we spent most of our time keeping the house clean or taking care of our families. Eventually we realized how unfair this was, and we knew we had the potential to do so much more. We knew we could do amazing things like fly across the Atlantic, create life-saving vaccines, fight in the army or make amazing discoveries. We knew the great extent of our capabilities. And so, with one girl supporting the next, we fought. We held protests, created women's rights associations, and pushed bills on the government. We did not stop until we got what we wanted. It took dedication, hard work, and a ton of persistence, but we definitely pulled through. We made today what it is. We gave women the opportunity to do anything we set our minds to. We can become lawyers or doctors, teachers or athletes, nurses or accountants. We made it possible for a woman to run for president. We have accomplished so much more than I think we realize.

- Sherine Sukhesh

WE ARE STRONGER TOGETHER



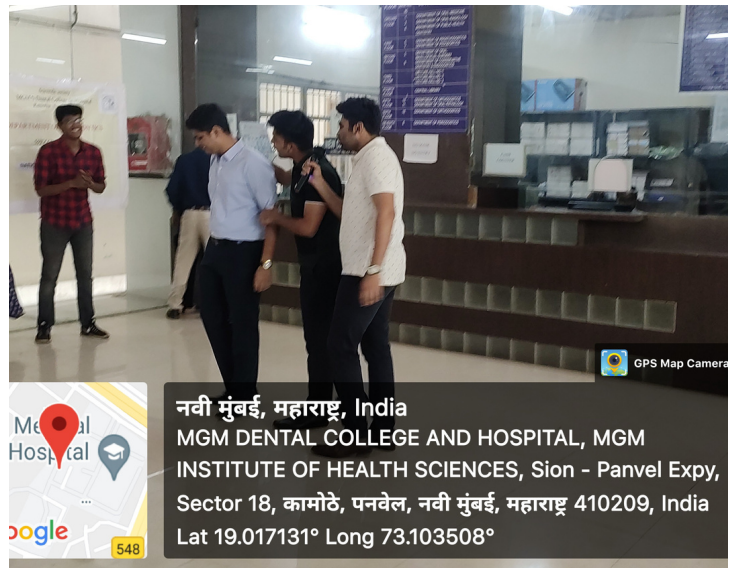
NATIONAL DENTIST DAY EVENTS

March 7th, 2022.

The Department of Periodontics in association with the College Working Committee had arranged a series of events for the occasion of National Dentist Day on 7th March 2022.



A skit was performed on the topic "Importance of Dentist" by students and interns in the OPD area of MGM Dental College. This helped in spreading awareness about oral health and the role dental practitioners play in the society.



A rally was also organised, wherein staff members, interns and students were encouraged to join in. Slogans were chanted while the placards were put on display while rallying throught the MGM Campus.



NATIONAL DENTIST DAY EVENTS

March 7th, 2022.

A slogan writing competition was held for the occasion of National Dentist Day, and students and interns were encouraged to participate and the winners of the same were used as slogans for rally.

Winners of the Slogan Writing Competition were -

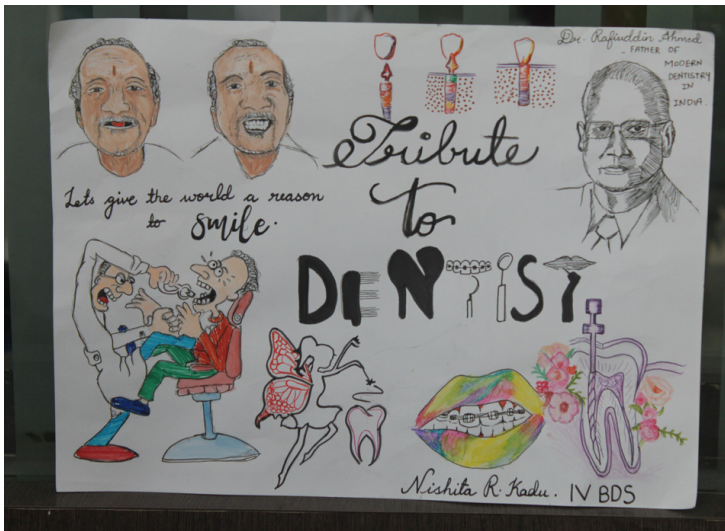
- 1st prize - Yashvi Hodar
- 2nd prize - Rhea D'Cunha
- 3rd prize - Apeksha Sanghvi



A placard making competition was held which encouraged students with a passion towards arts to bring out their talents out on a canvas paper.

The winners for the competition were decided by head of the periodontics department, Dr Ashwini Padhye ma'am.

- First prize - Anushka Kadam
- Second prize - Nishita Kadu
- Third prize - Vedika Pangarkar



WOMEN'S DAY SPECIAL - "Regeneration in Dentistry"

March 8th, 2022.

On the occasion of International women's day, the Department of Periodontics had arranged a state level CDE programme on the topic "Regeneration in Dentistry". The programme was in collaboration with The Scientific Society MGMDCH and Geistlich biomaterials.



The guest speaker for the programme was Dr Ashwini Bhalerao who was named the Oral surgeon of the year in 2013 by the Famdent Excellence in Dentistry Awards, Pan-India. She was instrumental in initiating the use of Piezo Surgical Unit in implant-related surgeries such as sinus lift, ridge-split and bone augmentation.

The lecture covered topics such as ridge preservation, sinus grafting, horizontal augmentation and attached gingiva buildup and overall importance and possibility for regeneration and not just tissue repair.



The programme also included a demonstration of sinus floor elevation and socket preservation using new innovative and progressive products from Geistlich biomaterials.



Apart from the educational lecture, the mere presence and the words of Dr Ashwini Bhalerao ma'am, proved to be motivational for the students to achieve more than what the society binds you to, regardless of your gender. Ma'am is a testimony of sheer will and passion towards dentistry and the lecture turned out to be an invaluable experience for the students. We thank Dr Ashwini Padhye, the organising chairperson for the programme as well as the organizing committee and Dept of Periodontics to have made the occasion memorable.



CDE PROGRAM - ORAL MUCOSAL LESIONS

March 9th, 2022.



- Stoppa
- Vitamin
- Topical
- Antioxi
- Follow
- LASER

GDC H Mumbai

Department of Oral Medicine and Radiology and The Scientific Society conducted a CDE program titled 'Oral Mucosal Lesions- Diagnosis and Management.'

The lecture was taken by Dr Easwaran, Professor and Head, Department of OMR, Government Dental College and Hospital, Mumbai.



GPS Map Camera

नवी मुंबई, महाराष्ट्र, India

MGM DENTAL COLLAGE AND HOSPITAL, MGM INSTITUTE OF HEALTH SCIENCES,
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- TREATMENT
- Disruption of habit
 - Vitamin B complex 10,000 IU x 11 days
 - Topical Antiseptic & Antibiotic (2% Chlorhexidine mouthwash)
 - Antiproliferative - Curcumin, Vitamin E, Selenium
 - Follow up every week - Biopsy if required
 - LASER: Surgical treatment - if required



GPS Map Camera





CONS-ENDO DAY

March 10th, 2022.



Our very enthusiastic department of Conservative and Endodontic dentistry celebrated cons - endo day on 10th March 2022. A guest lecture on the topic "Geriatric Dentistry" was held by Dr Anita Kumar (MBBS, MD, MPH Australia), and Dr Akash More (BDS, MDS) as well as a fun video competition was held by the dept which was heartily participated in by the students and interns.





MERI AWAAZ HI PEHCHAAN HAI



March 14th, 2022.

On the occasion of women's day, the music committee - Musical Strings has arranged a beautiful event as an ode to Late Sri Lata Mangeshkar.



A lecture was also scheduled on the topic of women empowerment, by our guest speaker Dr Mansee Thakur, while the event was continued further on by mesmerizing singing performances by our students and interns.



MOCC (Maharashtra Oral Cancer Control) Program

March 15-16th, 2022.

MGM Dental College & Hospital had partnered with Indian Dental Association Head Office (IDA H.O.) for MOCC (Maharashtra Oral Cancer Control) Program.



Under the MOCC program various oral cancer screening camps have been conducted by the Department of Public Health Dentistry in various parts of Mumbai & Navi Mumbai since November 2021. As a part of this program, IDA H.O had organized an overnight stay camp in Vasai - Khanewadi on 15th and 16" of March 2022 and six interns from college had gone to attend and work.



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MEGA FOLLOW UP CAMP FOR CLEFT AND CRANIOFACIAL PATIENTS

March 21st, 2022.



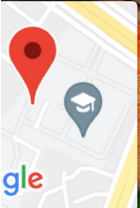
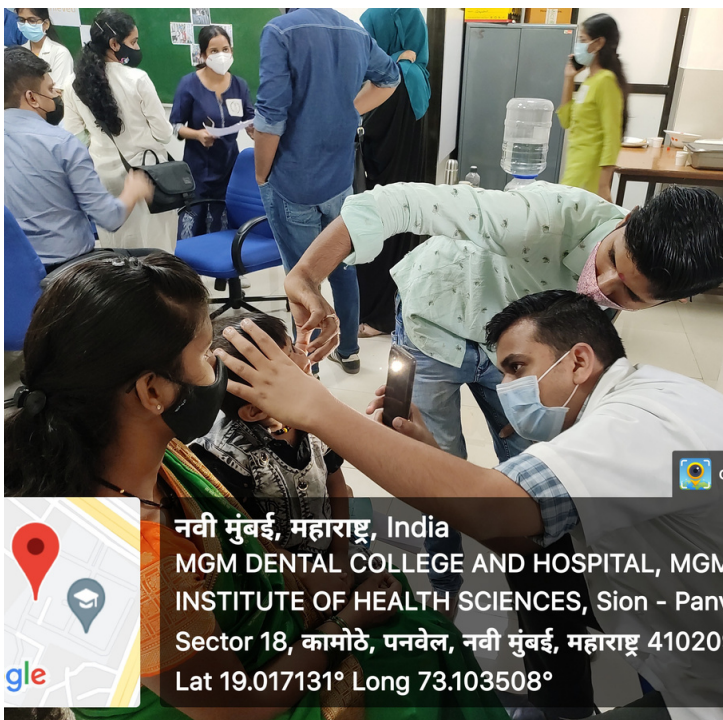
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Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India
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On Occasion of International Oral Health Day On 21-3-2022, a Mega follow up camp was organized of oral cleft and craniofacial patients to celebrate the successful completion of 900 cleft and craniofacial surgeries.



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It was organized by MGM / IHF (Inga Health Foundation) Cleft and Craniofacial Unit at Oral and Maxillofacial Surgery department, MGM Dental College and Hospital.



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MEGA FOLLOW UP CAMP FOR CLEFT AND CRANIOFACIAL PATIENTS

March 21st, 2022.



83 patients from all over Maharashtra reported for the follow up. Dr Adil Gandevivala, Oral Maxillofacial Surgeon, Reader in Department of Oral Maxillofacial Surgery and center in charge of Cleft and Craniofacial Unit along with his colleagues thoroughly examined the patients. Photographs and testimonials of all patients were recorded. Patients were given appointments for their follow up procedures. Mrs. Neha Patil speech therapist, counseled all the patients and their parents for speech evaluation. She also did the audio recording of patients.



The guests of honor were Dr Rahul Sonwane, Project Manager, TMH and Consultant NCD, Public Health Department, CHS, Mumbai, Dr Kalpesh Khairnar, Medical Officer RBSK Co-ordinator and Dr. Shashank Dalvi Vice Chancellor MGM Institute of Health Sciences.



ALEGRIA - INTERCOLLEGIATE SPORTS EVENT



March 25th, 2022.



Alegria fest was organised by Pillai's college, Panvel. Our students had participated in multiple sports events including basketball, football, table tennis and athletics.



All the participants displayed vigour putting maximum efforts. Multiple teams from all over Maharashtra had participated for the event.



STATE LEVEL DENTAL STUDENT CONFERENCE - FATHOM 1.0

March 28th-29th, 2022.



In order to benefit young Researchers, GDCH Nagpur organised a State level Dental Students Conference on 28th & 29th of March 2022. Along with lectures various Scientific competitions were held in the conference.



Sritej Jagtap (Intern) presented a Review Paper on "Augmented Reality in Dentistry" and secured THIRD PRIZE in Paper presentation competition.



UPCOMING LITERARY CONTESTS

**Puchi Award 2022**

The competition is open to books in any genre or form: fiction, non-fiction, poetry, novels, comics, illustrated albums, essays, cookbooks, geography books, or any other type imaginable.

You may submit only finished works that have never been published.

Entry is free.

The winner will receive a cash prize of €8,000 and his work will be published by Fulgencio Pimentel.



IEW's 2022 Writing Contest

Deadline: April 30, 2022
IEW.com/iew-writing-contest-2022

7 Day Story Writing Challenge**Globe Soup**

Register now for our next 7-day story writing challenge. A secret theme, a randomly assigned genre and just 7 days to write a story of no more than 2,000 words. Our 7 day story writing challenges take place throughout the year. The challenges are free and you can even get feedback on your story. Take part in one challenge or take part in all of them!

Genres

Fiction, Flash Fiction, Short Story

Top prize

£500

Entry requirements

👉 Fee: \$0

Deadline: May 01, 2022

Wrong Turns Travel Writing Competition**Intrepid Times**

Write an original, factual, first-person travel story about a time you made a decision or took a risk while traveling that got you lost, landed you somewhere you didn't intend, or led to a new discovery, realization, or connection. Editors will be looking for originality, voice, and a satisfying story that captures attention and makes use of imagery to pull the reader along at every step.

Genres

Non-fiction, Travel

Top prize

\$150

Additional prizes

Runners up: \$50 |
 Publication on Intrepid Times

Entry requirements

👉 Fee: \$0

Deadline: April 30, 2022



CREATIVE BRAINS: KNOW YOUR POWER

moon child

delicate,
her heart plunging
into deep dismay
or enraptured by the tiniest
cacophony of the daybreak birds,
she feels deeply,
finding no reasons to smile,
she does, warming up
a bitter soul,
sensitive,
in the eyes of the world,
but resilient, harbouring
her strength in silence,
she's like the moon,
subduing pain, and soothing
the stricken,
constantly asking twice,
knowing the intricacies
of your moods,
inferring each undertone,
engaging,
all her senses,
untangling your emotions,
loving you,
through each instant,
unfailingly like the ebbing tide,
endlessly kissing the shores,
she'll stand by you.

- neeraj giri



CREATIVE BRAINS: KNOW YOUR POWER

Phoenix heart

labelling her as delicate,
insignificant, or compliant,
compelling her to bridle
her gorgeous spirit,
which was never
meant to be contained,
they tried to tame her chaos.

but her destiny was inscribed
in the luminaries of the sky,
scribbled across the endless blues,
forged from the purest fire,
burning herself in the flames
of her oppressor, time and again,
the exemplar of resilience,
bereft of the taste of affection
and acceptance on a silver platter,
she's taken up the cudgels for herself.

oblivious to the sensation of featherbeds,
learning to prevail in the darkest of times,
she's a blazing orb born on a snowy night,
having deciphered the dismal world,
she knew, that demons lived,
not in dreams, but in lustful eyes,
having lived through criticisms,
and chronic invalidation,
she's been shattered,
but her every wound sutured with gold,
now dazzled with tales of million lifetimes.

you can never anticipate her moves,
although she's an emissary of truth,
rancour and malice scorching
in her flames of morality,
she'll stand alone in the waning light,
blowing the gaff on the paradoxes
of this dying world.

you'll pour scorn on her,
misjudging her, defaming her,
but her silence is only to smelt the ores,
as she moulds herself within the cores,
from this heat and blinding light,
she surges again, with her iron will,
her tales diverging through tall timbers,
off beaten tracks and beyond the horizon,
igniting faith and rekindling hope,
in the heavy hearts of little girls.

- NEERAJ GIRI





OUR CHAMPS



Sritej Jagtap (Intern) presented a Review Paper on "Augmented Reality in Dentistry" and secured **THIRD PRIZE** in Paper presentation competition at **FATHOM 1.0**, a State level Dental Students Conference by **GDCH Nagpur**.



Atharva Joshi (Intern) participated and got shortlisted at Shotput event conducted in **Pillai's College, New Panvel**.



PUN-TASTIC WORDPLAY AND QUOTES



What do orthodontists do on a roller coaster?

Braces themselves.

**Surabhi Landge
Intern**

How do you get a job at a dental office?

By word of mouth.

**Apeksha Sanghvi
First BDS**



My dentist likes potatoes a lot. When I went and asked him about it, he said it's because they're very filling.

**Surabhi Landge
Intern**