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MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.



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Nurturing body and mind.

The ancient Roman proverb 'healthy mind in a healthy body' holds good even in today's modern world. No matter what hardships and hurdles we come across, life is meant to be positive and happy. To enjoy and appreciate the beautiful things of life we need the energy and zest for life. This can happen only when the body is healthy enough to take on the hardships of life. Health, be it mental or physical is the prerequisite for living a good and fruitful life. It is not wealth, food or good clothes that makes a person happy, but a buoyant health together with a strong mind. Only when a person is holistically healthy does he gain the confidence to tackle any problem that comes his way. Thus, neither the mind nor the body can be neglected. We must constantly strive to keep both body and mind healthy with proper food, rest and exercise.

SUB-EDITOR'S SAY: NURTURING BODY AND MIND

There are probably no greater blessings than being born with zero health issues, but one must not take their good health for granted.

There are very few people who understand that riches in terms of wealth would mean nothing if their health is on the line.

Illnesses occur for many reasons and sometimes help us build our immunity as well. But many times, these illnesses can also turn fatal or harm us in an unrecoverable way. Therefore we must treat our body like a holy temple and invest time and energy behind your physical and mental health.

- Dr. Sarika Shetty

Reader

Department of Periodontics



FACULTY: NURTURING BODY AND MIND

Health – Nurturing Body & Mind

In today's fast paced world, reconnecting with our own self is a journey – A road less traveled. Taking care of our body is like addressing a basic human need. We spend so much time unknowingly punishing our body and our mind and in turn we forget how our healthy lifestyle makes us incredibly strong. We are definitely stronger when we nurture our body and our mind. Allow your body to heal from the abuse it faces in the daily routine. There are a myriad of ways you can build a strong mind and a healthy body. How we find our foundation is up to our preferences and the choices we make in life.

Holistic approach to Nurture Body & Mind for a Healthier Lifestyle:

- 1. Meditation & Yoga**
- 2. Limit Social Media Usage**
- 3. Maintain a Journal – Write down your thoughts**
- 4. Read & Learn**
- 5. Exercise**
- 6. Stay Hydrated**
- 7. Get adequate sleep**
- 8. Healthy eating Habits**
- 9. Travel & Explore**
- 10. Be Hygienic**
- 11. Monitor vital stats regularly.**

You should definitely have these players in your playing 11 of your life's cricket team. I personally feel the 12th man will be meeting your friends on a regular basis and spending quality time with your family members. They will be the best substitute or support that you will ever need to continue playing the game of life. True Healing comes by nourishing the mind, the body and the soul. Fall in love with taking care of Yourself.

Stay fit, Stay Healthy, Spread smiles and bring joy to everyone around you.

**-Dr. Vaibhav Thakkar,
Reader,
Dept of Public Health Dentistry &
NSS Program Officer**

PARENTS SPEAK: NURTURING BODY AND MIND

Good and sound health would ensure an agile and active mind. Just as a person's mood and emotions are reflected in a person's health, a body that is weak and unfit plays havoc on a person's mental well-being. Recent studies have shown that increasing stress of today's fast paced life is giving rise to a number of health problems. Major among those are heart and neurological problems. A good health helps a person to keep a positive attitude towards work and life in general. When we feel ill, it brings on frustration and this often causes us to be irritated with the smallest mistakes that others make. We become rude and it can start off a chain of unpleasantness all around. As most of our activities are governed by the mind, it is very important to keep our minds fresh, alert and in a positive frame.

- **Atulkrishna Hari**



TRANCEFORMATIONS - CONVERSATIONAL HYPNOSIS

8th April, 2022.

Department of pedodontics and preventive dentistry had organised a guest lecture on 8th April 2022.



It was a CDE programme for interns, faculty and post graduate students, with guest speaker Dr , on the topic "Tranceformations – The magic of conversational hypnosis".

The lecture covered the use of conversation as a tool to control our surroundings and tips on how we can use this knowledge to handle pediatric patients in the clinic. The lecture was a great hit amongst the students and faculty present at the event.



Dentcon Panvel Conference 2022

April 9th - 10th, 2022.



A field visit for the interns batch of 2021-22 was organised at Dentcon Conference, Panvel on 9th & 10th April, 2022.



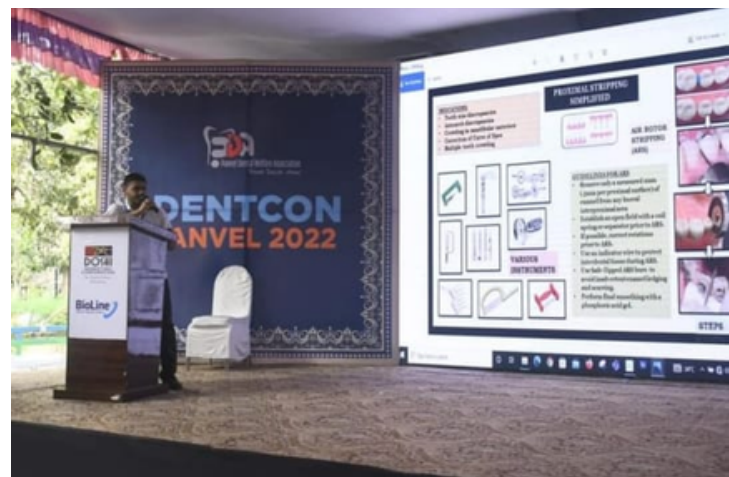
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The interns visited the trade fair at the conference organized by Panvel Dental Welfare Association at Visava Resort, Panvel.



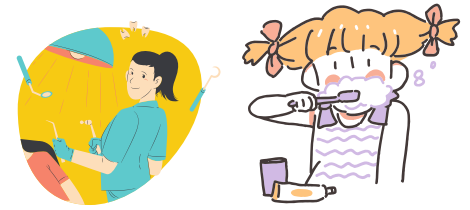
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It was a proud moment for MGMDCH as many students of MGM Dental college participated in Poster and Paper Presentation and secured prizes too. Winners of poster presentation
 2nd Place: Ms. Amrita Agarwal
 3rd Place: Ms. Janhavi Srivastava



Dental Check-up Camp - Palghar

April 11th -13th, 2022.



Salgaon, Maharashtra, India

Department of Public Health Dentistry, MGM Dental College & Hospital, Kamothe, Navi Mumbai had partnered with Rotary District 3141 to conduct dental check-up camp at Palghar from 11th to 13 April, 2022 & preventive dental treatment camp from 25th-29th April.

The transport and stay facilities for the faculty, non-teaching staff and interns had been arranged in association with the Rotary Clubs. The camp was held at 17 schools across Palghar district benefitting approximately 10,000 children.



Salgaon, Maharashtra, India
RP7R+WMV, Salgaon, Maharashtra 401501, India



Sonave, Maharashtra, India
HVHM+67E, Sonave, Maharashtra 401102, India





YOGA SESSION

April 13th, 2022.



The Internal Quality Assurance Cell (IQAC) in view of International Day of Yoga 2022 (IDY) has begun a new initiative conducting various activities on Yoga. As a part of it a 10 minutes Meditation session has been inculcated into the routine every day in the morning.



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Guest Lecture on Dr. Babasaheb Ambedkar Jayanti



April 16th, 2022



On occasion of 131st birth anniversary of Dr. Babasaheb Ambedkar, the NSS Unit of MGMDCH had arranged an awareness session on the Indian Constitution.



All UG & PG Students, Interns, Teaching faculty and non-teaching staff had attended the session. The Guest Speaker for the day was Adv. Hardik Shah. He spoke brilliantly giving wonderful insights on the Topic: Fundamental rights and fundamental duties from the prospective Indian constitution.



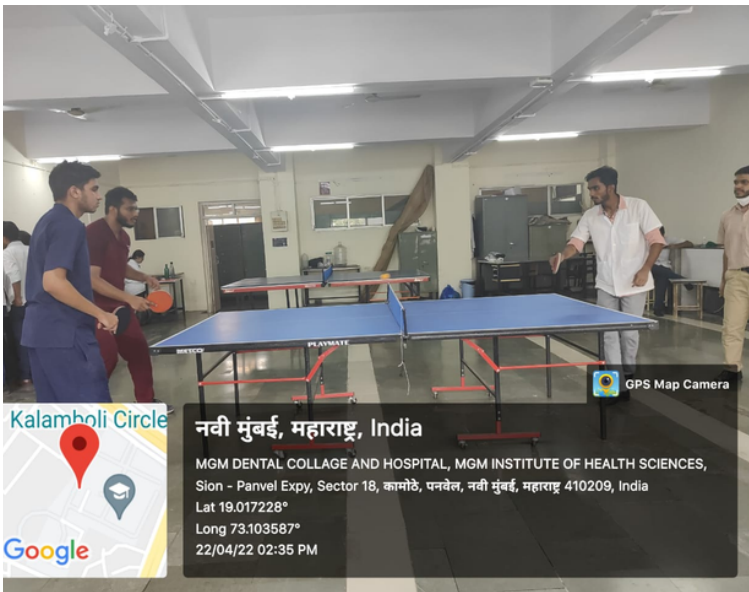


TABLE TENNIS TOURNAMENT

April 21st, 2022.



The Sports Committee of the College Working Committee had organized an intercollegiate table tennis competition on 21st April.



Many students and faculty members from various dental colleges had participated in the competition. GDC, Nair dental college, Terna dental college all showed enthusiastic participation.



The list of winners were as follows –
Singles winner – Apurv Kinkar
Doubles winners – Atharva Joshi, Bhavesh Jain
Girls Singles – Gauri





Alumni lecture - What after BDS?

April 21st, 2022.



The Alumni committee in association with internal quality assurance cell of the college had conducted a lecture on the topic, "What after BDS? Considering your options abroad". The lecture was delivered by alumnus of our college, Dr Pranjal Daundkar.



The lecture was aimed at interns who wish to study abroad and shed light on available pathways to be pursued for practicing as a licensed dentist in the states. The application process, eligibility criteria and key elements to the process of applying abroad were all explained by Dr Pranjal Daundkar.



World Earth Day 2022

April 22nd, 2022.



MGMDCH's Innovation & Research Council celebrated the World Earth Day. Multiple events were organised like Tree Plantation, Essay writing Competition & Speech Competition for the enthusiasts out there. The theme of the day being : "Invest in our Planet"



Orientation program for New BDS Batch, 2022.

April 25th, 2022 - Day 1

An orientation program was conducted for newly enrolled first year students and their parents aptly named "Uccha shiksharambh". Parents were invited with their wards to attend the event while numerous lectures were held by our guest speakers and beloved staff members.



The programme was held on 25th and 26th April, in the college auditorium. Lectures were conducted on topics ranging from research, scope of dentistry, stress and time management to orient students to the new campus and make them prepared for the beginning of their professional lives. The students were also made aware of the different committees and clubs in our college that they can look forward to be a part of in the upcoming years.



The parents and students, as well as the guests present were entertained by our cultural committee members in the form of singing and dance performances. The students were also given handouts, explaining them the nearby surroundings while book stalls were set up for easy access to the books required according to the curriculum.



Orientation program for New BDS Batch, 2022.

April 26th, 2022 - Day 2

The Program incepted by Dean, Dr. Srivalli Natarajan ma'am's address. She introduced the Vision and Mission of Dental college and welcomed them for being a part of MGM Family. She presented an overview of the MGM Dental college and the various courses offered. She also introduced the MGM trust to the audience.

In-Plug Academy from ISKCON Chowpatty conducted very informative sessions on Time management, Stress management, Interpersonal relations and Motivation.



From the Members of In-Plug Academy



In essence..

I never thought my visit to MGM Dental College on April 26 will turn out to be a greatly memorable one. As members of the In-plug academy, we regularly go to various colleges to deliver value-based seminars to college students. In a similar manner, we went to MGM Dental in Kamothe, Navi Mumbai, to deliver a few sessions. Oftentimes, it's a struggle to convince the college authorities about the need to conduct such sessions for students, but in MGM it was not the case. College Dean Srivalli madam and Professor Jigna Pathak madam were eager to see that their students participated in all sessions and take full advantage of what they were going to receive.

Altogether we conducted five sessions, and here is a summary of key lessons from each session:

Success Mantra:

- Studying alone is not easy; studying with a group of friends makes the whole process stress-free, easy and joyful.
- Be grateful for what you have received.
- Study not just for yourself, but for a higher cause — society, community and nation. Then you will enjoy studying because it carries a sacred purpose.

Time Management:

- Identify the important priorities of life, and block your time for them. Schedule everything else as per their importance.
- Learn to put each activity into one of the four quadrants — quadrant of discipline, quadrant of delivery, quadrant of deception, and the quadrant of dump.
- Develop a wholesome and spiritual vision for life, and be careful of time thieves in the form of various distractions that appear to be beneficial to us.

Stress Management:

- Stress is a response to a perceived threat or demand. It's within our mind and not in the surroundings. So unlike other diseases, taking pills don't help.
- Stress is both good and bad. Hence it's important to learn how to manage stress.
- Some degree of stress is required to be successful in any aspect.
- We can prevent avoidable stress by reducing undue expectations that are far from reality, by proper planning, and by consciously avoiding the negativity loop.

Interpersonal Relationships:

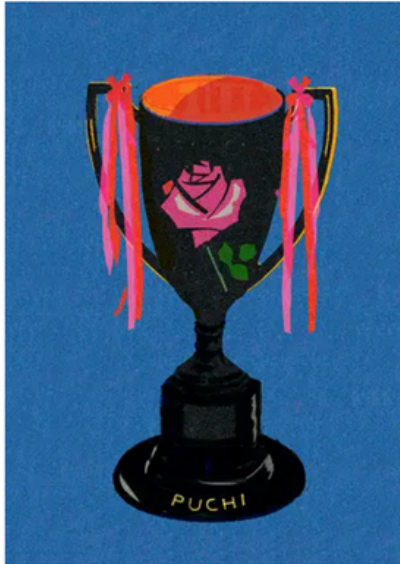
· Three types:

- i. Friendships of Utility: It is like paper. The key consideration here is, "Do I stand to gain anything from this?"
 - ii. Friendships of pleasure: It is like glass. The key consideration here is, "Will it be fun?"
 - iii. Friendships of virtue: It is like gold. The key consideration here is, "I accept you for who you are, not for gaining something out of you."
- As medicals students, one must remain humble before their teachers and seniors, maintain synergy with medical staff, and empathize with patients.

Motivation:

- We need to do a SWOT analysis — understanding our strengths, weaknesses, opportunities and threats.
- Take out fixed time daily and practice meditation to control the mind.
- Remember that setbacks and reversals in life are catalysts for our growth. As the saying goes, "When the going gets tough, the tough gets going."

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.

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!

Top prize

£500

Entry requirements

👛 Fee: \$0

Deadline: May 01, 2022

Genres

Fiction, Flash Fiction, Short Story

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.

Top prize

\$150

Additional prizes

Runners up: \$50 |
Publication on Intrepid Times

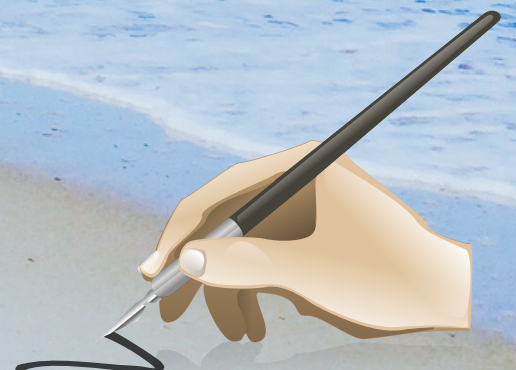
Entry requirements

👛 Fee: \$0

Deadline: April 30, 2022

Genres

Non-fiction, Travel



CREATIVE BRAINS: NURTURING BODY AND MIND

Health is Wealth

The world is progressing at a fast pace,
There have been marvellous inventions by the
human race.

However, the hectic lifestyle has deteriorated
our health,
which has always been our most precious
wealth.

The key to success is a healthy body and a
healthy mind.

There's no bigger asset than good health for
mankind.

A balanced diet and regular exercise are vital
for physical health

But wonder why we neglect mental health?

Stress, depression and anxiety,
Don't be misled by the stigmas laid down by
the society.

The human mind is a sapling
It requires equal care and nurturing.

To bloom the flowers of altruism,

To bear the fruits of wisdom.

Let us all pledge to lead a healthy lifestyle

Invest in your health, take that extra mile.

- Maanika Mahesh Kuriakkotte

1st year BDS

CREATIVE BRAINS: NURTURING BODY AND MIND

Health

The wealth to retain
The wealth to sustain
The wealth to maintain
Is the health to attain

- Hiral Vora
1st Year BDS



CREATIVE BRAINS: NURTURING BODY AND MIND

Environment and Human Health.

Fresh breeze, no smog in the air, peaceful places, beautiful surroundings, and a truly enriching food to eat are some of the privileges that have taken a back seat in many places across the globe. Reason? Increasing pollution and environmental hazards are tremendously affecting our lives daily either knowingly or unknowingly. Under many situations, these are caused due to human negligence or rarely due to natural issues. The dramatically rising numbers of cities or areas under the danger of pollution seriously pose the question that whether it is going to be the next big threat?

No part of the earth remains untouched by the ill effects of pollution, right from the air we breathe to the land we live on, the water we use to the food we consume, everywhere the results of this filth have been divesting at times. If the developing industrial sector has uplifted the economy of the nations, they have also been a major contributor to the high levels of harmful gases in the air which hampers the health of the people living around these factories. The deadly wastes from selected manufacturing units as in the case of radioactive wastes cause severe or sometimes fatal diseases. Gas leakages from major chemical industries cannot be barred from having deadly effects on the biosphere.

Chemical pesticides laden food presents another level of danger to its consumer. Artificially injected natural food is undoubtedly appealing to the eyes and maybe a treat to the taste buds as well but they have serious consequences on our health. Likewise, the water we drink too may house diseases like malaria which has been a cause of concern for decades for causing several deaths. The unclean environment resulted due to garbage and dirt is surely a sight no one adores.

In the 21st century, when everyone right from millennials to the elderly ones being so much bothered about health and fitness must realize that a walk in the garden where the air is too polluted, the gyms one visits has an unclean vicinity, the fruits one consume having a layer of harming pesticides is still going to hurt one's health indirectly. By being conscious about this and acknowledging their side effects on us can definitely bring about a change.

Presently, it is important to understand how we can revolutionize this matter by getting a solution to it. Various measures like walking short distances rather than taking a vehicle, avoiding water stagnation, following the 'R mantra' of Reduce, Reuse, and Recycle, preparing compost from kitchen waste, and many such alternatives which not only decreases the pressure on the environment but also yields many other benefits in a long run. Let's pledge to put in a little effort at the individual level for a cleaner and greener world for good health.

- Ishika Shetty
2nd year BDS

CREATIVE BRAINS: NURTURING BODY AND MIND

kenko nakama

The tree of health craves to reach the sky
Not a drop of care thus it fell and cry

The time health got reincarnated as sun
Awake by night we paid no heed to its fun

Not just the body the mind needs it too
The light of health refracts through you

The river of life which was dark with pain
The health shone bright and the dark was slain

Glacier of birth and the ocean of death
The river being life the course was set

Health used shovel to lengthen the river
The fish of love with joy the shiver

Waterfall and rapids of sadness may come
Health calms it down playing liberation drum

On his way health revived the trees
And block the path of sickly breeze

I being world was gay to see
My friend health was there for me

- Om Virendra Dalvi
1st year BDS



OUR CHAMPS



WORLD DENTAL SHOW 2022

QUIZ - 1ST PRIZE



QUIZ - 4TH PRIZE



DEBATE - 2ND PRIZE



MAD ADS - 1ST PRIZE





OUR CHAMPS



WORLD DENTAL SHOW 2022

DUET DANCE - 1ST PRIZE



GROUP DANCE - 1ST PRIZE



DUET DANCE - 2ND PRIZE



MAD ADS - 1ST PRIZE





OUR CHAMPS



WORLD DENTAL SHOW 2022

SOLO DANCE - 2ND PRIZE



SINGING - 2ND PRIZE



FASHION SHOW - 1ST PRIZE





PUN-TASTIC WORDPLAY AND QUOTES



Why is it sometimes necessary to get a second opinion from a dentist?

Because each dentist has their own floss-ophy.

Jennifer Mascarenhas
Intern

Why does the dentist have a TV on the ceiling for patients?
So they can Netflix and drill.



Alan Denny
Intern



What is the dentist's favorite animal?
The molar bear.

Pranjali Naik
Intern