



JANUARY 2022 | ISSUE NO. 5

MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.



PATRONS:

MR. KAMAL KISHORE KADAM
DR. P.M. JADHAV
DR. SUDHIR KADAM
DR. NITIN KADAM

BOARD OF DIRECTORS:

EDITOR IN CHIEF:
DR. SRIVALLI NATARAJAN

SUB-EDITORS:

DR. SARIKA SHETTY
NEERAJ GIRI,
SURABHI LANDGE,
VEDANT SONAWANE

Tidal waves of emotions.

New Year's Eve is for retrospection. We can take a moment to recognize our accomplishments and see how far we've arrived over the months.

There is a sentimental improvement, focusing on the relationships that matter and creating closer bonds. Our endeavours are going to make this world a better place. Let us dwell in this optimism, soaking it a little deeper, then take a profound and relaxing breath. The New Year has come and we are going to start over, carving out better opportunities and expanding upon the foundational accomplishments that came before.

Hereby warmly welcoming you all to the first newsletter of this fabulous year.

SUB-EDITOR'S SAY: EMOTIONS

The way our journey goes, along the twists and turns of life, we may even get used to it. But when a sudden obstacle shows up unannounced, life can change in the blink of an eye.

Firstly, embracing acceptance that not everything in life will flow the way you want it to, is a bit difficult. But that's a starter. Maybe this acceptance will dwindle your stress to a manageable level.

Often there's no other way than falling into that dark pit and then rising again. But that's the right moment, to search for hope.

Because hope only exists in the darkness, and while you cling onto it and work through diligently, being unattached to the outcomes, the dawn arrives. Like that thin ray of light, well enough to show you the way out.

Don't let the past keep you pinned in the darkness anymore, search for hope, keep your heart open to all possibilities.

You're bigger than your obstacles, your problems and fears. So don't let any of these define your character. Never stop being yourself.

Never stop hoping, because possibilities are endless, but the problems are limited. In due course of time you'll be adept at handling most of those, with hope by your side throughout.

Even if you feel like you're drowning deep in the ocean waters, just know that maybe you're not sinking, maybe you're sailing, towards the horizon where the sun awaits your arrival.

**- Dr. Sarika Shetty
Reader**

Department of Periodontics

PARENTS SPEAK: EMOTIONS

The Right to Feel

“Don't worry you will be okay soon”. I felt about this in different ways through different periods of my history. For many years, I unrelentingly hated it. It was too naive to defy the burden of emotional currents slamming against me. At times, sensitive surges in the mood make us doubt our sanity. They can either push us to the verge or drain us. They have an oscillating nature to them, never settling. Passion or indifference. Dignity or embarrassment. Adore or disregard. We never can comprehend which one we are going to feel all at once. Emotional tides will never cease to exist. They become a part of your spirit. They will be your mantle in the cold. At times making you feel like it is the only realistic aspect about you. But regardless of how they make you feel, you do need to remember that they do not determine the virtue of your soul. At first, it's recognition, and then it's grief that we can't halt the waves from arriving, and then it's confiding in yourself that you will be okay. It's coming to terms with the fact that the pattern will keep echoing without our influence. We will keep getting hurt and lose our path in the ebbs of feelings. It's unavoidable. Once we acknowledge its existence, we can choose to accept its provisional nature instead of trying to walk over it, because the more we try to push it away, the more closure it gains.

- Deepika Giri
Parent

Surya Namaskar

January 14th, 2022.

In the middle of hustle and bustle of contemporary life, our emotional resilience slumps day by day. But yoga is something that can enable to prevent it. It enhances our muscle vitality, strength and bring immune and cognitive stability.



The NSS Unit of MGMDCH had arranged a session on performing Surya Namaskar. It was held in the college auditorium and was enthusiastically attended by volunteers, interns, faculty and other interested people.



Handwriting Competition

January 23th, 2022.



ARTVILLE ART CLUB had organised an online "Handwriting Competition" on the occasion of the upcoming Republic day celebrations.

The participants were allowed to choose an extract from The Constitution Of India Or any patriotic content for the competition. They were additionally even permitted to decorate around the written passage.

Here are some of the entries which were received.

ARTICLE 51A

It shall be the duty of every citizen of India -

- to abide by the Constitution & respect its ideals & institutions, the National Flag & National Anthem
- to uphold & protect the sovereignty, unity & integrity of India
- to defend the Country & render national service when called upon to do so
- to develop the scientific temper, humanism & the spirit of inquiry & reform
- to strive towards excellence in all spheres of individual & collective activity so that the nation constantly rises to higher levels of endeavour & performance

TRUST, EQUALITY, HOPE, JUSTICE, PEACE, DIGNITY, PROSPERITY, RULE OF LAW, ABSENCE OF G (Ind)

Constitution Of India
Fundamental Rights
Cultural And Educational Rights

Article 29:
Protection of interests of minorities -

(1) Any section of the citizens residing in the territory of India or any part thereof having a distinct language, script or culture of own shall have the right to conserve the same

(2) No citizen shall be denied admission into any educational institution maintained by the State or receiving aid out of State funds on grounds only of religion, race, caste, language or any of them.

Article 30:
Rights of minorities to establish and administer educational institutions

(1) All minorities, whether based on religion or language, shall have the right to establish and administer educational institutions of their choice

(2) The State shall not, in granting aid to educational institutions, discriminate against any educational institution on the ground that it is under the management of a minority, whether based on religion or language.

- Ayisha Khar

NAME - SHUBHANGI YAMAJI DEVMARE
INTERM

INDIAN CONSTITUTION

The Constitution of India came into force on 26th January, 1950. At the time of its adoption, the Constitution contained 395 Articles and 8 Schedules and was about 1,45,000 words long, making it the longest national constitution to ever be adopted. Every Article in the Constitution was debated by the members of the Constituent Assembly, who sat for 11 sessions and 166 days to frame the Constitution, over a period of 2 years and 11 months.

This section contains every Article in the amended Constitution of India with its corresponding Article in the Draft Constitution of India, 1948. Each Article also contains a Summary of the debates on the Article in the Constituent Assembly. The Articles are grouped into 21 different parts, which reflects how they are organized in the text of the Constitution of India, 1950.

Name - Kaushabh Raut II BDS Odd Batch

Mahatma Gandhi

"You must be the change you want to see in the world"

Mohandas Karamchand Gandhi was born in Porbandar, India on October 2, 1869. He was the extraordinary leader of the world's first successful nonviolent movement for independence. He was the leader of Indian National movement which finally led to India's independence from British rule. His philosophy is expressed through the term 'Satyagraha' in the Indian struggle for civil rights in South Africa. His two important concepts are truth and nonviolence 'ahimsa'.

In South Africa Gandhi actively fought for the Indian Community against social discrimination. He started protest campaigns and demonstrations on behalf of the community. He gathered Indians from all over South Africa to a march for freedom. In the course of his struggle in South Africa, he never resorted to violence and even urged his fellow Indians to follow the path of love and nonviolence. His philosophy was never to fight back violently against evildoers. He believed in passive resistance. This attitude, according to Gandhi, would turn foes into friends. He earned the title of 'Mahatma' in South Africa.

THE CONSTITUTION OF INDIA

Right to Equality:

14 Equality before law - The State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India.

15 Prohibition of discrimination on grounds of religion, caste, sex or place of birth - The State shall not discriminate against any citizen on grounds of religion, race, caste, sex or birth or any of them.

No citizen shall, on grounds only of religion, race, caste, sex, place of birth or any of them, be subjected to any disability, liability, restriction or condition with regard to access to shops, public restaurants, hotels and places of public entertainment or (b) the use of wells, tanks, bathing ghats, roads and places of public resort maintained wholly or partly out of State funds or dedicated to use of the general public. Nothing in this article shall prevent the State from making any special provision for women and children.

Nothing in this article or in clause (2) or article 29 shall prevent the State from making any special provision for the advancement of any socially and educationally backward classes of citizens or for the Scheduled Castes and the Scheduled Tribes.

16 Equality of opportunity in matters of public employment - No citizen shall, on grounds only of religion, race, caste, sex, descent, place of birth, residence or any of them, be ineligible for, or discriminated against in respect of, any employment or office under the State.

We, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN DEMOCRATIC REPUBLIC and to secure to all citizens: JUSTICE, social, economic and political; LIBERTY of thought, expression, belief, faith and worship; EQUALITY of status and of opportunity; and to promote among them all: FRATERNITY assuring the dignity of Individual and the unity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION

REPUBLIC DAY

Republic Day is the day to recognise our Constitution, freedom struggle, multicultural society, secular & longest democracy of India. As stated by B.R. Ambedkar "Constitution is not mere lawyers' document it's a vehicle of life and its spirit is always the spirit of age. Freedom in mind, Strength in the words, Zeal in our heart. Let's salute our great country on Republic Day. Be proud to be an Indian and Be the change you want to see in the world. A very HAPPY 72nd REPUBLIC DAY to all Indians

जय हिंद जय भारत

Short Term Studentship (STS)

January 25th, 2022.

A lecture session was conducted for the III and IVth BDS students on writing synopsis protocol for the ICMR initiated Short Term Studentship (STS) program for under graduate dental students.



The main objective of STS program is to provide an opportunity to undergraduate dental students to familiarize with research methodology and techniques by undertaking independent research program/associate with ongoing research.

The session was conducted by Dr. Ipseeta Ray and Dr. Mansi Thakur, in Lecture Hall 1 at 11 am.



Republic Day

January 26th, 2022.

The Indian National Flag represents the hopes and aspirations of the people of India. It is the symbol of our national pride.



Flag hoisting ceremony took place in the MGM Campus at 7.30 a.m. It was attended by the Chairman, Dean, students, faculty members and esteemed chief guests. It was also followed by an exuberant display of March Past Procession.





REPUBLIC DAY CELEBRATIONS

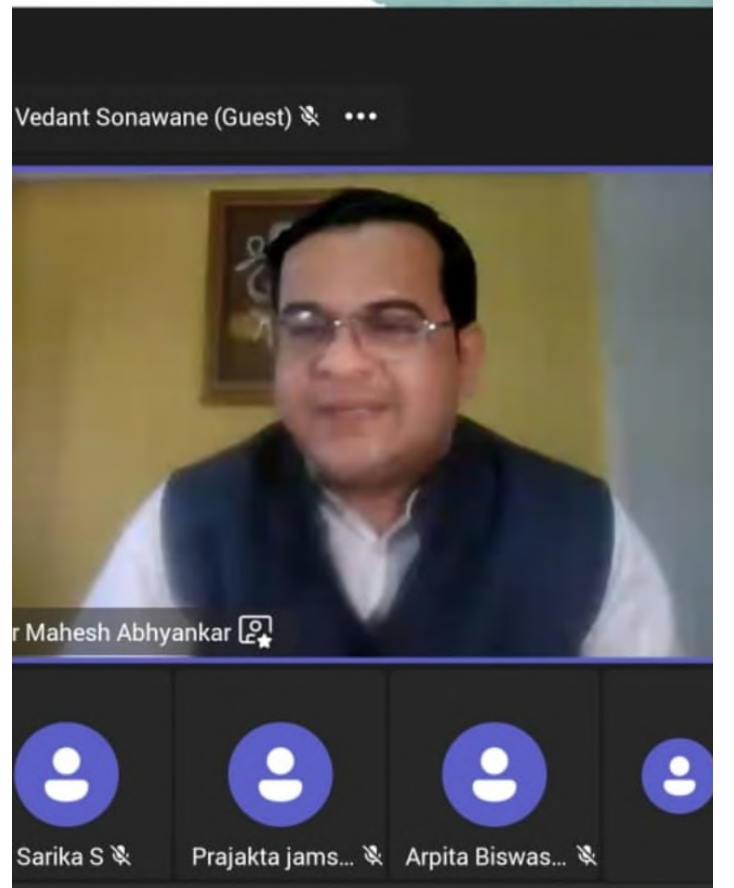
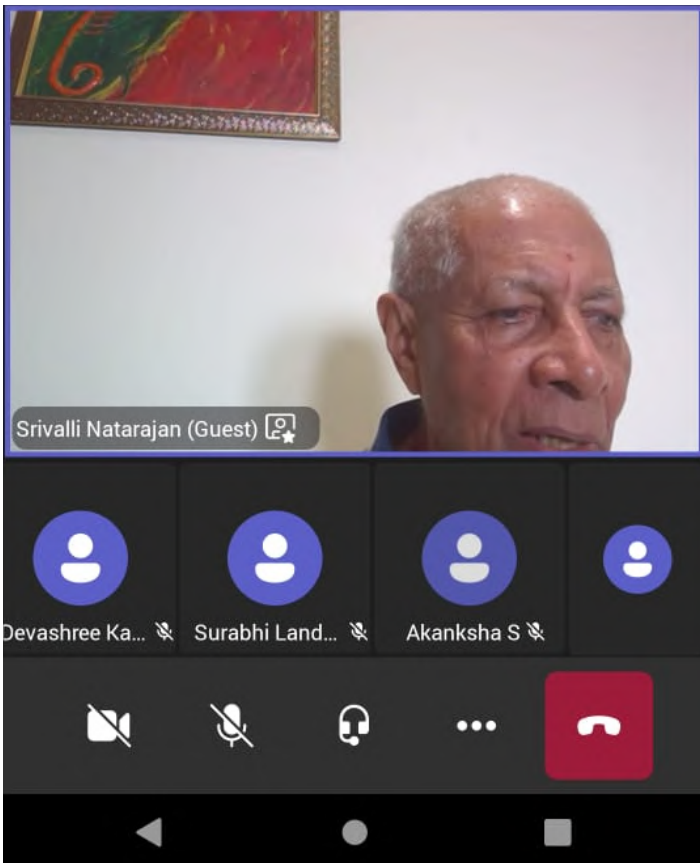
'MehFeel' Felicitation Ceremony

January 26th, 2022.

The winners of the zonal level writing contest "MehFeel" were declared via online meeting.

The results were concluded by the esteemed panel of jury, Professor Natarajan sir, Dr. Srivalli Natarajan, and other respected faculty members. Dr. Mahesh Abhyankar sir was the Chief Guest at the online event and addressed the event, sharing his words of wisdom.

Certificates of Merit were displayed for the winners and were emailed to them.



CREATIVE BRAINS: EMOTIONS



'MehFeel'

Winners' Hall of Fame

January 26th, 2022.

HINDI/ MARATHI POETRY/ ESSAY

1. RUTUJA KAMBLE
2. MEHUL KARKAR
3. PRAJAKTA JAMSANDEKAR

ENGLISH ESSAY

1. PRATIKSHA MALI
2. SHREYA DESAI

ENGLISH POETRY

1. NEERAJ GIRI
2. SANIKA GOKHALE

CREATIVE BRAINS: EMOTIONS



RUTUJA KAMBLE
Aditya Dental
College, Beed.
Final BDS

"हाथ ना सही, उंगली ही थाम लेते शायद ।"

बचपन में इक बालगीत सुना था,
BA, BA BLACK SHEEP HAVE YOU ANY WOOL ?
तब शायद शब्दों के मतलब नहीं समझ आए,
पर असली मायने मेहसूस हुए।
के किसी के जिंदगी में 'काली भेड़' होना।
के इतना बुरा है लड़की का होना।
कोई कमी सी है ? या कोई कमी के साथ आना?
तो जरा पूछो उनसे,
ऐसा क्या हुआ? के रो दिए पैदा होते ही।
इमान झुकने लगा? या झटपटाने लगे जिम्मेदारियों से?
क्या सही में कोई शाप सा है, लड़की का पिता भी होना?
खैर वैसे तो सब ही कहते है, आप की तरह हूँ ना।
फिर क्यों हरबार जताना पड़ा, के आपका हिस्सा तो हूँ ना?
फिर भी हर वो किया, जो 'पापा की परी' ना सही;
'शेर पुत्र' तो होना।
तिनका तिनका यूँ ही, खूदसे मुँह मोड़ लेना।
जमीर जखमी हुआ, जब भूल गई 'लड़की' ही होना।
के हमेशा से झलके ढेंरो सपने,
देख जो लेते इन आखों में, या कितनी रातें ना सोई,
जो देखी बुरी सपनों ने। शायद देख ही लेते।
वैसे, हाथ काँपे थे क्या? जो उठाया था बेवजह ही।
शायद भूल गए हो, यही हाथ रखना सिर पर भी।
खैर, हाथ ना सही, उंगली ही थाम लेते शायद।
क्यों हरबारी रिश्तों में, बदलनी पडती है रिवायत।
शायद लड़ भी लेती अपने लिए, पर वहाँ सब खत्म हुआ,
जब इनकार किया अपना ही होना।
क्या इतना ज़्यादा बुरा है, लड़की का होना।
फिर हर दिन एक नए उम्मीदोंसे जागे,
यह सुबह है, के होती ही नहीं।
क्या आज भी रूठे हो आप?
"सच में, काली भेड़ नहीं, सुबह की पंछी हूँ।
उड़ाने तो भर लूँगी, आसमान में असिमीत,
पर उम्मीद हमेशा रहेगी, इन पंखोंन सहीत।"

~ऋत

CREATIVE BRAINS: EMOTIONS



MEHUL KARKAR
 Institute of
 Chemical
 Technology, Mumbai
 Postgraduate
 student

"हा माना की कई साल हमने साथ बिताये है लेककन न जाने क्यों मैं तम्ह खोदगा, इस त्ति का डर लगता हैं मझ /" मझ तमप भरोसा नहीं, ऐसी कोई त्ति नहीं है प्यार हित है, जज़्ति हित है सि तेरा साथ नहीं हैं, तेरा एहसास नहीं है "हा माना की कई साल हमने साथ बिताये है लेककन न जाने क्यों मैं तम्ह खोदगा, इस त्ति का डर लगता हैं मझ /" हा माना की जर्जीदगी जीने के ललए भाग रहे है इस भाग दौड़ में जीना भल गए है खैर ये भी ठीक है, लेककन कहीं हम एक दसर को भल ना जाये, ये डर लगता है मझ याद है वो जगह, जहा हम अक्सर वक़्त बिताया करते थे ना जाने ककतने यादें निया करते थे यादें तो आज भी है, मैं भी ह, लसर्फ तम कहीं गम हो गए हों, ना जाने क्य ... "हा माना की कई साल हमने साथ बिताये है लेककन न जाने क्यों मैं तम्ह खोदगा इस त्ति का डर लगता हैं मझ /" शायद तम्ह इस त्ति का एहसास नहीं है यह जो वक़्त है, हित ह खास है लेककन यह वक़्त भी कछ पलों का मोहताज है कर तम कहीं, हम कहीं, और एकदसर का एहसास कहीं ना जाने क्य, ददल तो पास है लेककन हम दर होते जा रहे हैं सि यह त्ति हैं... मैं नहीं चाहता के तझ यह ददफ महसस हो यह ड़िती दररयों के रिरे मे तझ ना असोस हो आज कर हि तो जी भर के देख ले मझ... आज कर हि तो जी भर के देख ले मझ... कल मेर ना मौजदगी मे, मैं नहीं चाहता कक कहीं तम्ह भी यह खयाल सताना शुरू करे, जजस तरह वो खयाल अभी सता रहा है मझ के... "हा माना की कई साल हमने साथ बिताये है लेककन न जाने क्यों मैं तम्ह खोदगा इस त्ति का डर लगता हैं मझ /"

CREATIVE BRAINS: EMOTIONS



PRAJAKTA
JAMSANDEKAR
MGMDCH, Navi
Mumbai
3rd BDS

भावना

भावना लिहू किती आवर घालतो मनाला,
का आणि कसा जाळीतो मी तनाला
सर्वस्वाचा त्याग करणं म्हणजे काय असतं,
दुःख दाबून सुख दावन, हे कसं फसवं नसतं

भावना मनाची स्थिती दाखवणारा मार्ग आहे.

वेगवेगळ्या विचारवंतांनी भावना या शब्दाचा अर्थ आपापल्या पद्धतीने मांडला आहे.

भावना सुरवातीला शारीरिक संवेदनांची जाणीव मांडण्यासाठी वापरले जात होते. मानवी मनात होणाऱ्या आंदोलनांना 'भावना' असे म्हणतात. विचारांमुळे भावना तयार होतात व त्यानुसार कृतींवर नियंत्रण केले जाते असे मानले जाते.

मनुष्य हा भावना प्रधान प्राणी आहे असे बोलले जाते. 'भावना ही मानवाला मिळालेली देणगी आहे' असे माझ्या आजवरच्या अनुभवाने आणि अभ्यासाने खरे आहे असे वाटते. जसे भावना ही मनाची स्थिती व्यक्त करण्याचे साधन आहे तसेच कृती करण्याची प्रेरणा आहे. आपला चेहराच नाही तर कृती ही देखील भवणेचेच प्रतिसाद आहे. भावना आपल्या शारीरिक क्रियांवर परिणाम करतात. शरीर संस्था नियमित चालू राहण्यासाठी मनाची अवस्था संतुलित असणे गरजेचे असते.

भावनेचे वेगवेगळे प्रकार आहेत जसे आनंद, दुःख, क्रोध, आश्चर्य, भीती, अपराधी.

एखादी आनंदाची घटना घडली जसे परीक्षेत यश मिळाले, अभिमानास्पद कामगिरी बजावली, इच्छापूर्ती झाली, समाधान कारक घटना घडली की मनाला आनंद वाटतो. आणि हा आनंद लगेचच चेहऱ्यावर दिसतो. तो कृतीतून व्यक्त होतोच. कोणी नाचू लागतात, कोणी गाऊ लागतात, कोणी टाळ्या वाजवतात, कोणी फटाके फोडतात, कोणी पेढे वाटतात, तर कोणी गोडधोड भोजनाची मेजवानी करतात. आनंद व्यक्त करण्याचे वेगवेगळे प्रकार आहेत. हाच आनंद आपली पचन क्रिया नियमित चालू ठेवतो. सर्व स्त्राव व उत्प्रेरक सम प्रमाणात स्त्रवतात त्यामुळे शरीर सुदृढ राहते.

CREATIVE BRAINS: EMOTIONS

दुःख ही मानवाला सतावणारी व वारंवार अनुभवास येणारी भावना आहे. अपयश आले, निराशा आली, कंटाळा आला, एकाकीपण आले, कधी आजारी पडलो, मनाप्रमाणे काम झाले नाही तर मन दुःखीकष्टी होते. ही भावना व्यक्त होते ती अश्रूतून, चेहऱ्यावर ताण येतो, चेहरा काळवंडतो. यावेळेस मग आपल्याला आपली प्रिय व्यक्ती जवळ असावी असे वाटते. आईच्या कुशीत शिरून अश्रूंना वाट करून दिली की दुःख कमी होत. जास्त काळ दुःख राहिले की नैराश्य येते. कधी दुःखाची तीव्रता जास्त असेल तर आत्महत्येचा मार्ग अवलंबला जातो. असा शेवट होणे वाईटच. या वर मानसोपचार तज्ञा मार्फत समुपदेशन करणे हा योग्य पर्याय आहे.

क्रोध म्हणजे पराकोटीचा राग येणे. मनाविरुद्ध घटना घडली की राग येतो. यामुळे मुले आदळ आपट करतात, वस्तू फेकाफेकी करतात, एकमेकांना मारमारी करतात, काही लोक स्वतः लाच इजा करून घेतात, जसे नखांनी छातीवर ओरखडे करणे, चेहरा विद्रूप करून घेणे. पराकोटीची क्रिया म्हणजे एखाद्याचा जीव घेतात. यामुळे सामाजिक शांततेचा भंग होतो व वातावरण दूषित होते.

भीती ही भावना नुकसान कारक आहे. एखादा मोठा प्राणी पाहिल्यावर भीती वाटू शकते. तसेच राक्षसी वृत्तीचे लोक जेव्हा अघोरी कृत्य करतात तेव्हा समाजात भीतीचे साम्राज्य पसरते. यामुळे कमकुवत मनाची माणसं जीव गमावतात देखील. या परिस्थितीत एकमेकांना आधार देणे गरजेचे असते.

आश्चर्य ही सुद्धा भावना आहे. आनंदी किंवा दुःखत घटना अचानक पणे घडली तर आश्चर्य वाटते. आश्चर्य हे सुखद असल्यास, मानसिक व शारीरिक स्थिती संतुलित राहते. हल्ली तरुन वर्गात सरप्राइज देण्याचे फॅड बोकळले आहे.

जेव्हा आपण एखादी चूक करतो अथवा नकळत जरी आपल्याकडून कुणाचे नुकसान झाले तर चांगल्या माणसाला अपराधी भावना अनावर होते. या वेळी क्षमस्व राहणे योग्य आहे. काही समाजकंटक लोक सूडबुद्धीने मुद्दाम नुकसान करतात आणि त्यांना जराही अपराधी भाव नसतो. ही तर विनाशकारी विपरीत बुद्धी समजावी.

मानसोपचाराच्या दृष्टीने भावना हे विचारांचे प्रतिसाद आहे. आपले विचार जसे असतील त्याप्रमाणे भावना निर्माण होतात व आपण त्या प्रकारे कृती करू लागतो. विचार चांगले असल्यास भावना आनंदी असतात त्याच बरोबर आपले मन हे आनंदित राहते आणि पर्यायाने आपले शरीर निरोगी राहण्यास मदत होते. आपण सर्वांनी वयक्तिक आरोग्य बरोबरच समाजाचे आरोग्यासाठी वातावरण आनंदी ठेवणे गरजेचे आहे. यासकारात्मक विचार करणे गरजेचे आहे. मनशांती व त्राटक्ता हे मन एकाग्रते साठी उपाय करू शकतो. नियमित व्यायाम, प्राणायाम आणि चांगली संगत आपल्याला निरोगी आयुष्य जगण्यात मदत करतात. ठिकाणी मला विवेकानंदांचे विचार आठवतात.

बाहेरचे जग तसेच आहे जसा आपण मनात विचार करतो.
आपले विचार अस गोष्टीला सुंदर किंवा कुरूप बनवतात.

CREATIVE BRAINS: EMOTIONS



PRATI KSHA MALI
MGMDCH, Navi
Mumbai

FIRST BDS

ENGLISH ESSAY

Emotions are the language of the soul. Emotions are part of our everyday lives. feelings control how we think and act , Sometimes it can feel like our to the point we feel like we are not in control. Emotions can play an important role in how you think and behave. The emotions you feel each day can compel you to take action and influence the decisions you make about your life, both large and small ones. Expressing emotions is strength not weakness. cries and expresses emotions. Nowadays people consider the person who is weak but it takes immense courage to express our emotions to someone depressed....and a lot . Emotions are of different types of happiness. W , sad , angry , we express them to those who would listen to us patiently and understand us instead of blaming us for it. Charles Darwin was one of the earliest researchers to scientifically study emotions. He believed that emotions are adaptations that allow both humans and animals to survive. He suggested that emotional displays play an important role in safety and survival . Could also play an Emotional quotient is the most crucial thing we need to develop to be strong enough to face any situation. Sometimes emotions can't be expressed in words, we just can feel it. If our eyes are the windows of our soul, then our emotions are the voice of our soul. Our emotions connect us to the deepest parts of our inner selves. When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion. When state, so is our level of self, our emotional health is in a bad esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves. The essential difference between emotion and reason is that emotion leads to action while reason leads to conclusions. There are no good or bad emotions, but there are good expressing (or acting on) emotions. and bad ways of Understanding the emotional displays of others gives us clear information about how we might need to respond in a particular situation.

CREATIVE BRAINS: EMOTIONS



S H R E Y A D E S A I
M G M D C H , N a v i
M u m b a i
F I N A L B D S

E N G L I S H E S S A Y

Emotions are the true essence of life. It is the language a deaf can hear and a blind can perceive. Emotions are imbibed deep within us since the very beginning. Even a baby expresses itself through a plethora of emotions. Emotions are what make us who we are and our essential selves. The way we regard, act upon and process situations stems from a very cardinal spirit. Emotions are a vast and varied variety of intense sensation which bestow upon us our identity. Few of the cardinal emotions are - happiness, sadness, fear, anger, disgust and surprise. Emotions hold the power to make or mar a being. When these are rationally organized, they bring out the best in us and lead us to the path of triumph. On the contrary, if we let our emotions overpower us, they pose a detrimental threat to ourselves and our relations. Emotions have always played a vital role in our daily lives. Emotional intelligence in its basic sense is the ability to understand, manage and use emotions to bring about a positive change in our lives. An emotion finds its chief origin from an instinct, which evolves into an emotion- leading up to an action in response to any given situation. Learning to take charge of the feelings that we feel in the heat of the moment and rationalizing it with a sound and stable approach steers us to a coherent decision. In the modern world, where we are burdened with a magnanimous amount of information, coercing us to face an overload of emotions - we should try to process our sentiments more judiciously. Getting a hold of ourselves and not letting a particular emotional instinct govern our capabilities is a true challenge. Being emotional is not a weakness, rather it's a strength. If channelized appropriately, it will definitely help us getting closer to our goals and our true selves. Processing emotions is entirely dynamic and changes with every experience we gain. A new experience doesn't just enrich us but it consciously or subconsciously reigns the response we elicit. Coupling the intelligence quotient with our emotional quotient will assuredly make us better in all walks of life. Emotions are fluid, being able to give them a proper form and configuration is what differentiates one's self from others. Manoeuvring them to bring out the best of ourselves in the given set of circumstances is a true test of our capabilities. As it is rightly said - 'To awaken emotion is the highest level of art.'

CREATIVE BRAINS: EMOTIONS



NEERAJ GIRI
MGMDCH, Navi
Mumbai
INTERN

ENGLISH POETRY

The Reaper's Job

this world was a retreat,
where one could wallow,
like the river horses under the African sun,
submerging, into the enveloping blackness.

the homesickness divulging my actual perceptions of home,
for so long hidden within the flowing sands of time.

my senses, now departed unhurriedly,
allowing claustrophobia to monopolize,
in the most insidious manner.

my eyes capturing
the conclusive hues of life,
now lay beneath the lids
for the final departure.
feeling alone in this perishing mist,
I bawled out, bursting into a sob,
the tears from this actual realm,
dissolved the imagery of the Reaper's job.

- the thought chaser

CREATIVE BRAINS: EMOTIONS



SANIKA GOKHALE
MGMDCH, Navi
Mumbai
INTERN

ENGLISH POETRY

HOPE

With all the uncertainty and all the chaos
I struggle to decide whom to lean on,
The rationality of the brain, telling me to let go,
Or the belief of the heart, telling me to hold on?

'Great things take time', they say,
'Patience is the key', 'hang in there'.
But isn't it me who has to know the right from wrong?
Whether to follow the usual or choose the rare?

Decisions have never been a cake walk,
Choices have never been my best friend.
My mind swirls with infinite destinations
That the path I choose, could have in the end.

What if I pick the wrong road?
What if I quit when success is near?
But hope is what keeps me going,
For Hope, is the only thing stronger than fear.

-Nupur

REPUBLIC DAY CELEBRATIONS

Literary competitions

January 26th, 2022.

PATRIOTISM - A FEELING OF PRIDE

The Literary Committee of the college had organised poetry, essay and slogan writing competitions on the occasion of the Republic Day, pertaining to the theme - PATRIOTISM - A FEELING OF PRIDE.

The competition was open to all - students, interns, postgraduates, faculty and non-teaching staff.



Deshprem ki Dhun

MGM DENTAL COLLEGE AND HOSPITAL , KAMOTHE
Accredited by NAAC with 'A' Grade

THE MUSICAL STRINGS PRESENTS

Deshprem ki dhun

ON THE OCCASION OF

INDIA'S 73rd REPUBLIC DAY

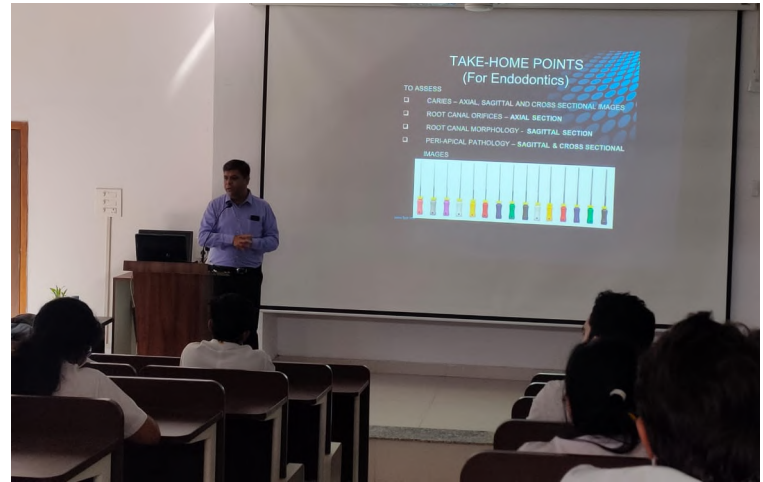
On the occasion of India's 73rd Republic Day, The Music Club - Musical strings conducted "DESHPREM KI DHUN", an online music event based on the theme of patriotism.

Value Added Course

January 28th, 2022.

Department of Conservative Dentistry and Endodontics had organized a value added program on the topic "Software application in dentistry". The topic of the first session was "Importance of RVG and CBCT" followed by its demonstration.

Speaker: Dr. Hemant Bhutani.



The topic of the second session was "Digital Impressions In Applied Clinical Dentistry, followed by its demonstration.

Speaker: Dr. Tej Joshi-MDS Prosthodontics and Implantologist.

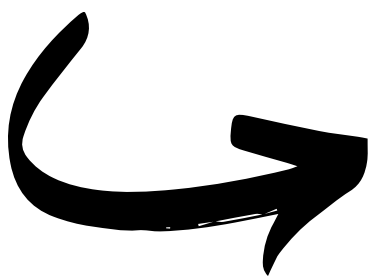




OUR CHAMPS



Pranidhipurnima Rachh, a Final year student from MGM Dental College and Hospital has been selected as the **Scientific Head of Maharashtra, for Indian Association of Dental Students (IADS).**



Dr. Padmakar Baviskar secured 3rd rank in the **MDS (ORAL AND MAXILLOFACIAL SURGERY)** postgraduate examinations in the state of Maharashtra.



Ankita Shukla, a Final year student from MGM Dental College and Hospital has secured the highest score in the subject of **Public Health Dentistry** in the Maharashtra University Health Sciences exam.



PUN-TASTIC WORDPLAY AND QUOTES



Understanding the art of mixed emotions kills the certainty of itself.

Saloni Bandekar
Final year BDS

Feel the emotion, don't allow it to define you.
Witness it. Allow it. Release it!!

Gaurav Hinduja
Final year BDS



Hope only exists in the darkness, and while you cling onto it, dawn arrives.

Neeraj Giri
Intern