



MAY 2022 | ISSUE NO. 9

MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.



Trash the ash. Say yes to life.

In 1987, the member states of the World Health Organization passed a resolution on observing World Tobacco Day on 7 April 1988. On that day, WHO motivated people to quit smoking for at least 24 hours. In 1988, they passed another resolution which announced that World No Tobacco Day will be marked on 31 May. In 2008, WHO also banned any kind of promotion of tobacco which can attract youth to indulge in smoking. The worst part about smoking is that you are not only putting yourself in danger. You are also putting your parents, your children, and your roommates at risk. Secondhand smoke can cause severe asthma attacks, respiratory infections, and ear infections – especially in young children.

If you don't want to hurt yourself or your loved ones, then your best bet is to toss your cigarettes in the trash.

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SUB-EDITOR'S SAY: TRASH THE ASH. SAY YES TO LIFE.

Quitting cigarettes is not easy, but it is absolutely worth every second of nicotine withdrawal-induced rage and hunger. Luckily, nicotine only takes about three days to leave the bloodstream. After that, it's just habit breaking, so here are some tips to help break those habits.

1. Change your routine!
2. Start a new hobby!
4. Don't drink alcohol. If you find you smoke more when you drink, then try abstaining for a few weeks.
5. Be kind to yourself. Don't sulk if you stumble.
6. Think of the money you'll save!

I implore you to do what you need to do to quit smoking. Maybe it's traveling or getting a new job or picking up a hobby. No matter how cool you look and how well your stories are punctuated, it is not worth how awful you will feel in your golden years.

- Dr. Sarika Shetty
Reader
Department of Periodontics



Be Smart
Don't Start

FACULTY: TRASH THE ASH. SAY YES TO LIFE.

Tobacco is known to be the villainous agent which accelerates the degradation of the overall health of an individual but most importantly affects the oral cavity extensively. Along with adjacent buccal tissues, aesthetic direct restorations undergo regressive alterations due to after effects of tobacco.

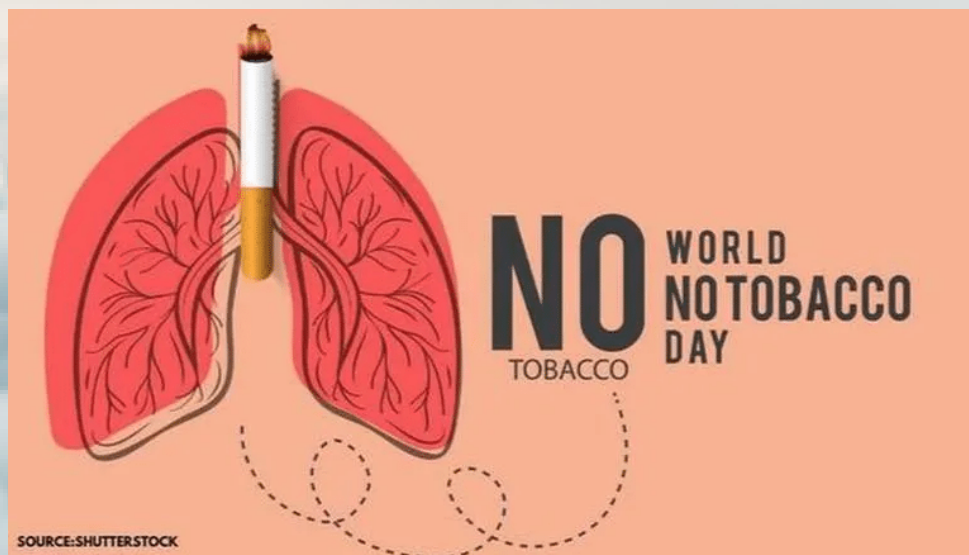
Aesthetic restorations (Composite Restorations) are life like restorations which not only help in augmenting the structure of teeth but also the entire personality of an individual. The consumption of tobacco causes staining and significant discoloration of the restorations. The efforts of the dentist are rendered futile as he/she has to cater to re restoring the affected tooth by further natural tooth structure namely enamel.

Our primary aim is to positively reinforce the ill effects of tobacco on natural as well restored teeth, and also apprise them of the risk of oral cancer. The facilitation of regular follow ups, and promotion through electronic media will hopefully curb the use of tobacco. After all our underlying motto is “Prevention of Extension “and not “Extension for Prevention “.

Dr Amrut Vandana Bambawale

Lecturer

Department of Conservative Dentistry & Endodontics



PARENTS SPEAK: TRASH THE ASH. SAY YES TO LIFE.

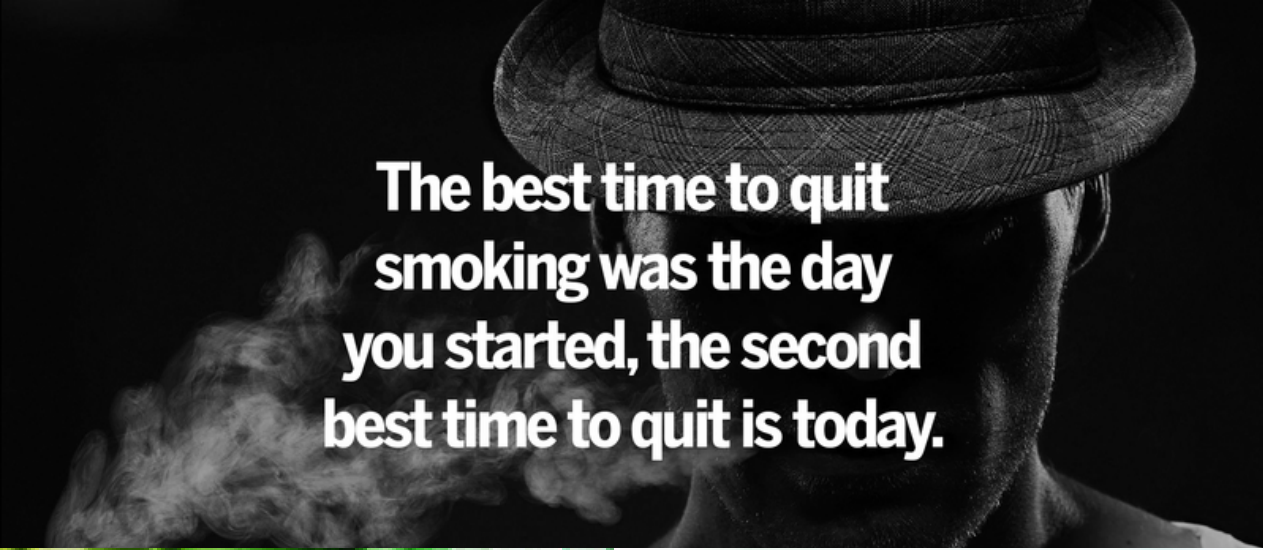
The reason most people smoke is because they started when they were younger and more naive and have become addicted. They might not want to continue smoking, but whenever they go through withdrawal, they have trouble sleeping, become restless, and gain weight from their increased hunger.

So many people have trouble giving up their cigarettes because their body becomes dependent on them. That is why the best way to prevent a smoking addiction is to never pick up a cigarette in the first place.

We have been brainwashed that smoking is enjoyable and fashionable, the tobacco industry and by famous folks — humans who are either getting paid for fooling you or genuinely believe the lie, sharing your condition and popularizing it. Remove the lie, and all you have left are silly, stinky sticks that cost you money and health.

Becoming a non smoker is a lot easier than you believe. You just have to want it, get informed and believe in yourself.

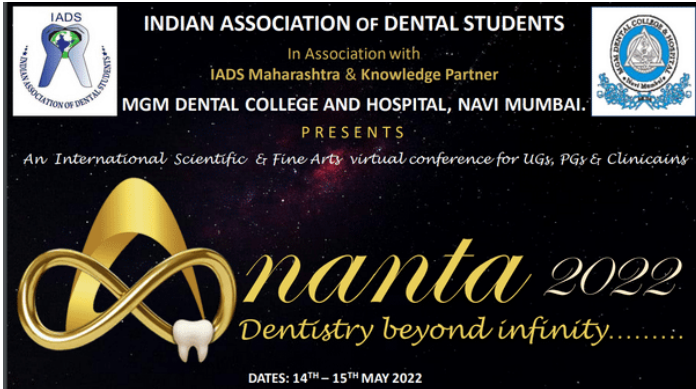
- Sukhesh Panakkal



**The best time to quit
smoking was the day
you started, the second
best time to quit is today.**

ANANTA 2022-AN INTERNATIONAL SCIENTIFIC AND FINE ARTS VIRTUAL CONFERENCE

May 14th-15th, 2022.



Indian Association of Dental Students (IADS), in association with IADS Maharashtra and Knowledge Partner MGM Dental College And Hospital, Navi Mumbai Organized "ANANTA 2022- Dentistry beyond infinity"



It was an international scientific and fine arts virtual conference for UGs , PGs and clinicians

The events catalogued in this 2 day conference include

- 1) E Paper presentation
- 2) E Poster presentation
- 3) Artment (drawing competition using dental/medical instruments)
- 4) Real to Reel reel Making Competition
- 5) Meme it up !! ...meme making competition
- 6) 6 guest lectures



Countdown Yoga Programme

May 17th, 2022.



The NSS unit of MGM Dental College and Hospital organized a "Count-down Yoga Programme of International Yoga Day.



The session was taken up by an Intern, Miss Kajal Sanghvi in the Auditorium of MGMDCH.



The participants of the event were All interns, Post-graduates, Teaching faculty and non teaching staff.



World No-Tobacco Day

May 31st, 2022.

MGM Dental College and Hospital, Navi Mumbai NSS Unit in Association with IQAC, CWC 2022, TCC & Department of Public Health Dentistry celebrated "WORLD NO TOBACCO DAY" on 31st May 2022.



Tagline Competition was also conducted where the selected taglines were uploaded on social media handles of MGMDCH.

Poster Competition was conducted and top 3 winners were selected to display their posters in print on World No Tobacco Day.



World No-Tobacco Day

May 31st, 2022.

A revolutionary healthcare awareness rally was planned and conducted from MANSAROVAR RAILWAY STATION to HOTEL MANSAROVAR, SECTOR-6, KAMOTHE and back to MANSAROVAR RAILWAY STATION.



The rally involved all interns, faculty members and other volunteers and students.



World No-Tobacco Day

May 31st, 2022.



FLASH MOB

Little World Mall, Kharghar

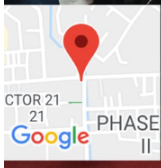


Signature Campaign



Movie Screening "GANDHI"

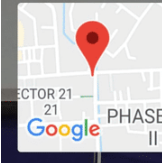
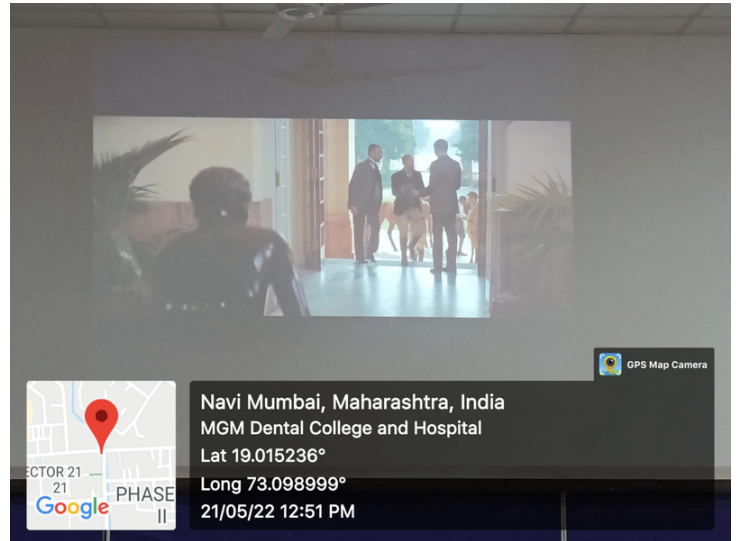
May 21st, 2022



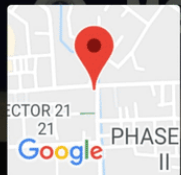
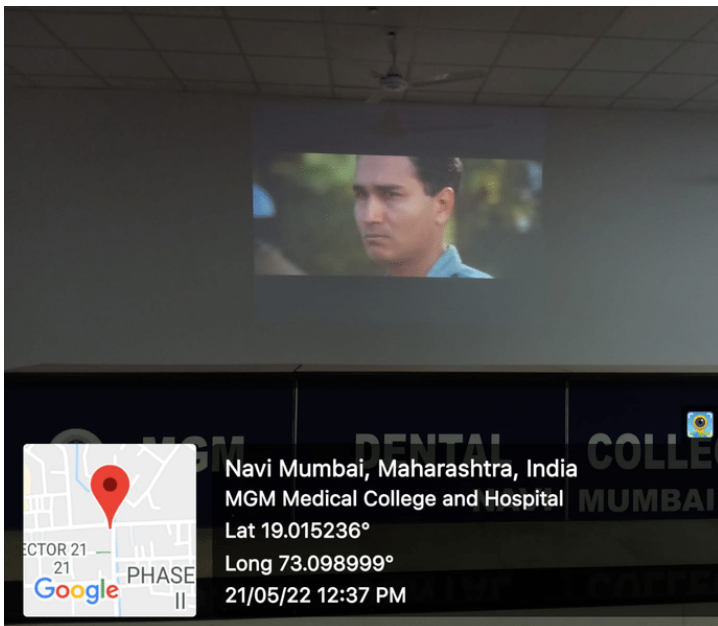
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MGM Medical College and Hospital
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The Internal Quality Assurance Cell of MGM Dental College and Hospital, Navi Mumbai took an initiative to organize a Movie Screening "GANDHI".

The event was conducted in the Auditorium of MGMDCH with Ist Year students and Interns as the audience.



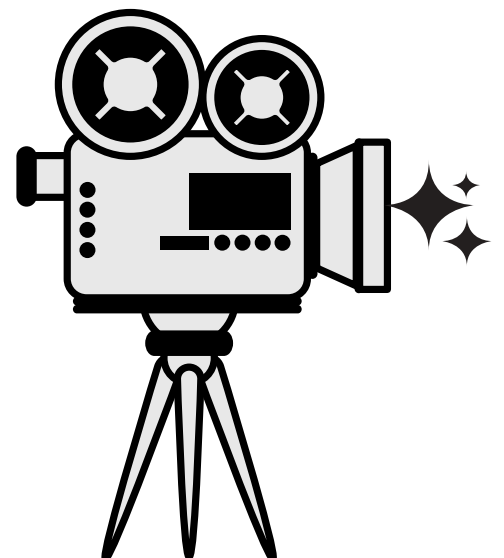
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Navi Mumbai, Maharashtra, India
MGM Medical College and Hospital
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- The purpose of this event was to enlighten the students about
1. The tremendous power of nonviolent mass action
 2. The struggle for Indian independence, Gandhi's saintliness.
 3. The difficulties caused by the Hindu/Muslim rivalry in India
 4. The operation of the British Empire in India,
 5. The discrimination against Indians in South Africa, and Gandhi's efforts to improve Indian civil rights in South Africa.



Level UP 2022 - Intercollegiate Tennis ball cricket tournament

May 23rd-24th, 2022.

MGM Dental College and Hospital hosted its 1st Intercollegiate Overarm Tennis ball cricket tournament for all dental college's boys in the name 'Level UP'



Level UP 2022 was organized in and by MGM Dental College and hospital, Navi Mumbai where tennis ball open cricket was played.

The following teams participated in the tournament:

1. DY Patil Dental College
2. YMT Dental College
3. Terna Dental College
4. MGM Dental College



- DY Patil Dental College were awarded as the **WINNERS** of the Tournament.
- MGM Dental College were awarded as the **RUNNERS UP** of the Tournament.
- Apurv Kinkar (MGM Dental College) was awarded the **BEST BATSMAN** of the Tournament scoring 75 runs.
- Faraz Khan (DY Patil Dental College) was awarded the **BEST BOWLER** of the Tournament taking 9 wickets.

Game On - Intercollegiate Throwball Tournament for girls

May 27th -28th, 2022.



The Sports Club of MGM Dental College and Hospital organized an Intercollegiate Throw ball Tournament for girls.



The event was open to all the dental colleges for participation.

It was a league cum knockout tournament conducted at the MGM College ground, Navi Mumbai.



MGM Dental College girls bagged the tournament by winning against the runner-up, DY Patil College, Mumbai.



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

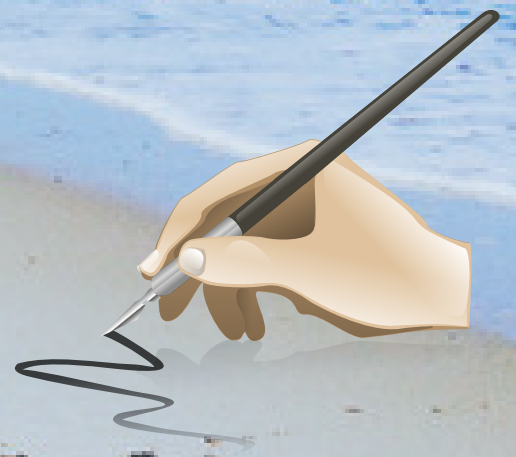
Entry requirements

🔥 Fee: \$0

Deadline: April 30, 2022

Genres

Non-fiction, Travel



CREATIVE BRAINS: TRASH THE ASH. SAY YES TO LIFE.**The Leaves of Death**

The ashy smoke and the rugged powder
Consuming it makes you cough louder

The leaves of death sows the cancer seed
Causes terror with his brother nicotine and
weed

The leaves of death ,tobacco being the name
You will lose everything your life and your
fame

It kills ,it says as a warning to you
Ignoring it because your brain cells are few

Your loss will make your loved ones to wail
To the sea of death your lifeline sails

Tobacco makes you blind ,corrupts your mind
The mouth smell and your face design

Your tooth ,your lungs,your heart cries out
Having tobacco makes a tumor to sprout

Dont let your resolve to quit be shallow
Let us all say no to tobacco

- Om Virendra Dalvi



CREATIVE BRAINS: TRASH THE ASH. SAY YES TO LIFE.**The Silent Guardian**

Holding me up since I was born,
Protecting me from the smallest thorn,
The influential of my earliest memory,
First man in my life and he'll always be.

As a child he always let me be curious,
The only saviour when my mom's furious,
Waiting at the door, for him to come home,
Even though tired, he'd take me to roam.

His perpetual love for our native land,
Strolling those fields, holding my hand,
Made sure he filled my memories,
With lovely groves and breezy palm trees,

God's gifted personal mentor,
Also our own cuisine inventor,
Cooking new things and lifting our mood,
We'd wait intently as his magic brewed.

Fathers do possess the strongest hearts,
Shielding us from life's eternal darts,
Not so soft-spoken, though he may seem,
But constantly impelling our self esteem.

When life sometimes punches too hard,
But still our man never let's down his guard,
His limitless will to seek for the light,
Consistently he's stood by my plight.

Incalculable love and man of sacrifice,
Comprehending him will never suffice,
Leads us through this arduous course,
His guiding light and moral force.

- Neeraj Giri
Intern



CREATIVE BRAINS: NURTURING BODY AND MIND

The Inner Calling

*The sweetest jingle in the world so wide,
Played the cue for the morning gride,
Relentlessly ringing in the bed,
Had surely become my morning dread.*

*Hit the snooze and curled up again,
To escape momentarily from this pain,
The sun's bright hit right in my face,
Eyelids crushed with it's luminant rays.*

*The Illusive night had cast it's spell,
Kept me clinging to my shell,
The constant ache with limbs all tight,
Crucial to savour the delusion of the night.*

*Waking up was this starting trouble,
So much endeavour to burst this bubble,
Then sat up like a frowny heap,
Cozy blankets inviting me back to sleep.*

*Within seconds my processing mind,
Puts forward these thoughts all lined,
A run through of my schedule so fast,
Gave me this internal panic blast.*

*Another Monday rounded up so soon,
But my heart and mind already immune,
To this rut and this unending strife,
More than a part, it had become my life.*

*All these months I've had it all,
But never felt this awakening call,
This nine to five was all I knew,
But I recall the picture my childhood drew.*

*The 'full life', an idea well sold,
By the boomers who crafted this household,
They called our ways entitled and strange,
Because we wished for the world to change.*

*Saturation in it's fullest way,
Made me contemplate that day,
I packed my things and left this tide,
Choosing to stay with my millennial side.*

– Neeraj Giri



CREATIVE BRAINS: NURTURING BODY AND MIND*Panic*

*my gasping state
just couldn't solve this
one dilemma,
things around me,
fading away into oblivion,
or was it me, the one
waning away,
like the moon
into an abyss of darkness,
my lungs flaring inside
devouring every molecule
of air, as I felt this grasp
strangling my neck,
my heart's thumping
against those ribs mandating
an escape into solace,
and the black hole,
deep-seated
in my soul,
swallowing every hope,
born of a supernova,
the flares of which
infiltrated every cell,
that's the endpoint.
enveloped by this vacuum,
one can stay afloat,
or embrace it,
nevertheless,
the world is now
a paradox.*

*- Neeraj Giri
Intern*





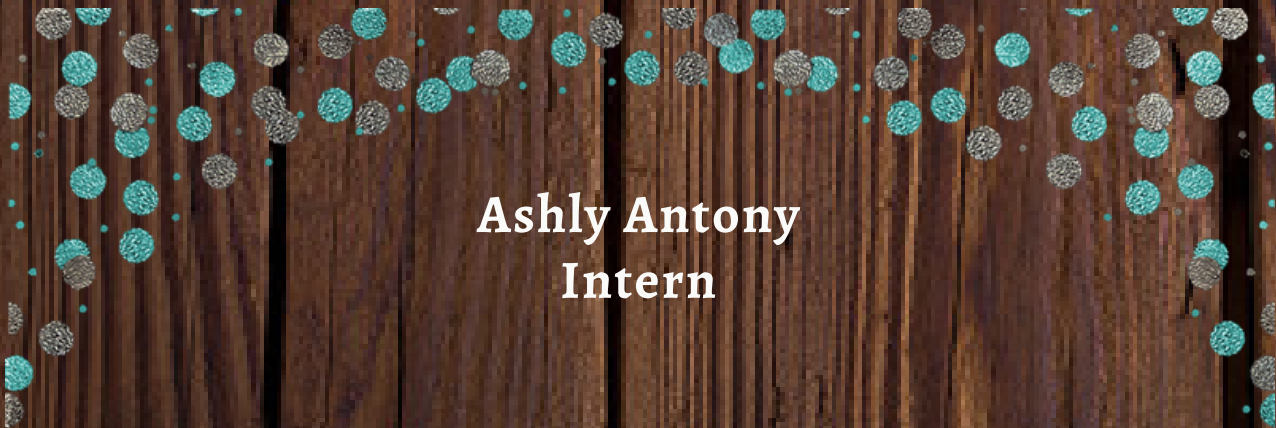
ARTISTS OF MGM



Janhavi Srivastava
Intern



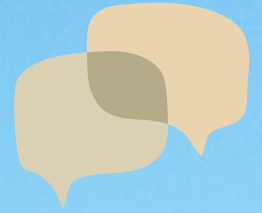
ARTISTS OF MGM



Ashly Antony
Intern



PUN-TASTIC WORDPLAY AND QUOTES



Has your tooth stopped hurting yet?
I don't know; the dentist kept it.

Shruti Manze
Intern

Did you hear about the dentist who
planted a garden?
A month later he was picking his teeth.



Judit Thomas
First Year BDS



What does the dentist of the year get?
A little plaque.

Pranjali Naik
Intern