



Mahatma Gandhi Mission's Dental College and Hospital

Kamothe, Navi Mumbai

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Be the change you want to see in the world. – Mahatma Gandhi

Excel at Pixel

2-day Dental photography event: Sept 1st & 2nd, 2021

Application of Photography in dentistry is multifold and includes documentation, inter-professional communication, self-evaluation, medico-legal records and so much more.

A value added course on Dental Photography was conducted by Internal Quality Assurance Cell (IQAC) of MGM Dental College and Hospital, Kamothe. Our guest speaker, Dr. Avinash Narayankar introduced the interns' batch to the world of dental photography and explained the basics of photography, the technique, the set-up and the common errors in Dental photography. He also guided interns through a hands-on photography course and provided a peek into a professional studio set-up!



Cracking NEET MDS

Sept 3rd 2021

Lecture conducted by alumnus, of MGMDCH, Dr. Balasubramaniam Shankar (AIR 3) in NEET MDS 2020.

Lecture on CRACKING NEET MDS by Dr. Balasubramaniam Shankar
The Student Council of MGM Dental College and Hospital Navi Mumbai organized the online lecture on the topic- Cracking NEET MDS on 3rd September, 2021 at 6 pm for the interns batch. The lecture was arranged online on Google meet. He briefed interns about the different aspects related to the preparations such as- Method of Studying, Important subjects, Time management, Important books, Study of past year question papers, etc.

Mend your mind

Sept 4th 2021

A value-added course on Mental health care was conducted by Internal Quality Assurance Cell (IQAC) of MGM Dental College and Hospital, Kamothe.

Our guest speaker, Dr. Harish Shetty educated the interns' batch about importance and need for mental health care in today's times and explained both, the students and the faculty members the tips and tricks of striking a balance between professional and personal life during the Covid-19 pandemic.



Medical Jurisprudence

13th September 2021 and 15th September 2021

Medical Jurisprudence is an important aspect which deals with the legal aspects of medical practice. This topic is relevant today because, nowadays patients are well-acquainted with their rights and are often somewhat informed about the basic dental and medical procedures. Keeping this in mind, the Department of Oral and Maxillofacial Surgery in collaboration with Internal Quality Assurance Cell (IQAC) of MGM which Dental College and Hospital organized a value-added course for interns which had a series of lectures delivered by eminent speakers. Honourable Justice Satyaranjan Dharmadhikari sir was invited as a chief guest along with below mentioned eminent speakers:

1. Dr. Hemant Dhusia
2. Dr. Archana Dhusia
3. Dr. Rajesh Dere
4. Dr. Vishwas Puranik
5. Dr. Sharad Kokate
6. Dr. Mahendra Lomte
7. Dr. Narendra Kale
8. Dr. Srivalli Natarajan
9. Dr. Vaibhav Thakkar



Periodontics Workshop

Sept 24th 2021

- Lecture on hard and soft tissue augmentation around implants
- Live demo on 'INCREASING ZONE OF KERATINIZED TISSUE' using Geistlich's Mucograft on pig jaw
- Hands-on – 'DIRECT SINUS LIFT' for all participants on pig jaws
- Instruments and biomaterials will be provided to Hands-on participants





**Dr. Srivalli Natarajan,
Dean, MGM Dental College and
Hospital.
Professor and Head of Department,
Dept. of Oral and Maxillofacial
Surgery.**

The paradox of Mental health.

A paradox is a seemingly contradictory proposition which when deeply investigated is found to be true. A country may have a large natural resource but less economic development, less democracy than certain others having much less resources, mainly because the resources are exploited by a different outside country. This is a paradox of plenty, also known as resource curse and poverty paradox. A country may be democratic, ruled by its own people, with large resources in the form of a huge awakened manpower, favorable geographical features, large mineral wealth, long coast line, but still with a sizable population below poverty line, relatively underdeveloped, owing to political reasons and misplaced priorities. This is also, in a sense, a paradox of plenty.

Mental health is no exception to this phenomenon of paradox. In the beginning of this century it was thought that mental distress and frustration were characteristic of the lower economic strata due to their poverty, difficulty in making the two ends meet and consequent lack of access to comforts in life. However, on the contrary unbiased studies later in the century have demonstrated a clear coexistence between mental stress and affluence. These difficulties are an offshoot of abundance, which clearly is a paradox.

On a prima facie look, surprisingly, upper affluent adolescents seem to record a higher level of anxiety and depression. Incidence of substance use—cigarettes, alcohol, marijuana and other illicit drug—seem to be higher in this as compared to middle income group. The advanced nations, have conducted a Psychopathological research on this subject. India can also take a cue from this trend. It is possible the data may be relevant amongst the very rich in this country also. Anxiety levels, amongst both boys and girls in suburban areas are reported to be higher than the normative values. This can well be the global trend though country to country differences are possible.

From the Dean's Desk: Mental Health Awareness

Possible reasons for this paradoxical contradiction are peer pressure, steep parental expectations, Plethora of information through social media, which disturbs mental clarity. New found feeling of independence on college entry leading to overindulgence and substantial dip in quality family time may also be causative factors.

Affluence is not an unmixed blessing. It may bring in its wake, a series of undesirable attributes such as intolerance, overconfidence, disrespect and indifference towards fellow humans. The students need to recognize these insidious factors, making inroads into their happiness.

There is an age old adage – Bite only that much you can chew. Anything in excess will lead to stress. Just like eating the right amount contributes to physical wellbeing, imbibing right information in moderation and allowing the mind to decipher and digest that information would be the key to Mental wellbeing in this present era of vulgar proactiveness of social media, bordering on emotional abuse. Mind is a paradox as it uses itself to understand itself. But we need to respect the privacy of our mind and allow it to dwell and heal in peace.



Dr. Srivalli Natarajan
Dean

Be Mindful

Mental Health is not a destination, but a process.. It's all about how you drive, and not where you are going.

In today's busy, hectic world, we all run around carrying out all duties, responsibilities, jobs, and all other mundane work. We take care of everything but our Mental well-being.

What is Mental Health? It includes our emotional, psychological and social well-being. It affects how we think and act and has an impact on our thoughts, behavior and emotions. It heavily influences our quality of life. So, it makes sense that mental health just like our physical well-being needs to be taken care of.

I, personally believe, you are what you eat and you become what you feed your mind.

SO TAKE GOOD CARE, AND BE MINDFUL.



Dr. Sarika Shetty



You made us proud!

Gaurav Hinduja 3rd BDS

1st Rank- National Level- "Commit to Quit"- Reel awareness video.

5th National conference on Tobacco or Health.

25th to 27th September

Parents Speak: Mental Health Awareness



Dr. Sanjay Gandhi
M.B.B.S, M.D. (Internal
Medicine)
Qualified Diabetologist
and Endocrinologist,
Pune

Gandhian Meditation For Stress

RAGHUPATI RAGHAV RAJARAM.....The COVID 19, the greatest pandemic in recent history of mankind taught us that due to the use of steroids, stress, anxiety, depression and weight gain, new cases of diabetes also emerge may be related to minimal expression of SARS COV2 receptors on the pancreatic tissue.

Diabetes and covid 19 have exhibited a vicious cycle in which there is increased risk of severe covid 19 amongst the diabetes population and where new onset diabetes and acute diabetes and acute deterioration in the glycemic status of pre- existing diabetes have been increasingly noticed in people with SARS COV2 infection.

Covid 19 pandemic has transformed more difficult days are ahead for psychiatric services. People were going through a myriad of psychological problem in adjusting to the current lifestyle and fear of the disease.

We are deprived of seeing our beloved once or going to restaurants, cafes, functions, ceremonies, entertainments and many ordinary components of our daily life are disappearing one by one and uncertainty, anxiety depression, post- traumatic stress disorders, substance use disorder, behavioral disorders, domestic violence and child abuse are increasing. A study by Brooks et al (2020) in the Lancet, in many studies reported negative psychological effects including post-traumatic stress syndromes, confusion and angry. Stressors included longer quarantine duration, fears of infection, helplessness, frustration, boredom, inadequate supplies, inadequate information, financial loss and stigma.

Social distancing gives an experience of deep feeling of emptiness in psychosocial terms. Parental discard and divorce rate has increased during this period. Man is a Biopsychosocial being. Periodic counseling, support from qualified institution and organization are the measures to put down this crisis.

Parents Speak: Mental Health Awareness

Both **healthcare and mental healthcare professionals** have great danger of acquiring the disease and they are physically and psychologically exhausted in facing the issue of constant risk of infection, equipment drawbacks and medical care have become more difficult gradually. Psychological problem, fear, sorrow, frustration, guilt, insomnia, and fatigue are the common problems. Risk of getting infected and likelihood of carrying it to the loved once at home has imparted greater stress. More frequently getting angry, feel inveterately exhausted, less relaxed during resting time, body aches, throat ache, impatience, helplessness might be experienced. Uncertainties and media information might lead to overstimulation. The solutions are to have attention on personal security, cooperation and solidarity. Stay in touch with your loved family member even through video calls. Sharing the difficult experience with your colleagues or managers and even if needed, the therapeutic processes by mental care professionals.

While measures on mental health issues are still grossly inadequate. The resources at the disposal of poor and vulnerable sections are often limited, the crisis unleashes enormous misery, straining the resources, which ultimately exacerbates existing mental health issues. So to understand the mental health impact across heterogeneous groups is of critical importance.

Some of the Apps:

Headspace – for meditation, Wysa-stress, sleep, and mindfulness therapy chatbot, Youper, inner Hour, Aarogyasethu

The existing global pandemic situation has warranted a multipronged approach . Acceptance period is seen when the grief period of first 3 to 6 months is over. The person lost is not forgotten but the real life goes on. After 6 months, mourner should receive mental services.

The psychiatrists and researches will need to remain nimble, forward thinking and ready to adapt to new situation.

Sudden disruption of physical activity and social life has severely impacted the mental and emotional well-being of individuals, affected mood, sleep, employment and quality of life (QoL)

Among the mental health issues, lockdown have resulted in anxiety, acute panic attacks, obsessive behavior, hoarding, paranoia, depression and post- traumatic stress disorder (PTSD). Frontline healthcare workers at higher risk of contracting the disease have been reported to experience anxiety, depression, PTSD, burnout, fear of transmitting the disease and feelings of incompatibility.

Parents Speak: Mental Health Awareness

Mass media coverage added to anxiety, depression, and stress. The role of social media has been critical in worsening the psychosocial impact of the lockdown. The rapid spread of information often misinformation has been referred to as coronavirus infodemic causing social media panic. Being Corona positive itself comes with a stigma, leading to delayed medical care and rising the risk of community transmission. Impact of quarantine comes with fear of spreading the infection to family member, denial, despair, anger, confusion, frustration, loneliness and in some extremes even suicide.

Chronic stress and depression and anxiety can cause sustained activation of the Hypothalamic Pituitary Adrenal (HPA) axis, leading to hypercortisolemia which may cause central obesity and metabolic syndrome which in turn can future increase the risk for type 2 diabetes (T2D) as much as threefold.

An online survey of patient with T2D revealed that up to 87% of participants from north India were psychologically affected and more than one-fourth had poor sleep.

India – specific database and the results showed that glycemic control and diabetes –related complications worsened in direct proportion to the duration of the lockdown. Up to 80% of participants experienced in increase in blood glucose levels due to lower levels of physical activity and an increase in food intake. It has also been reported that the consumption of carbohydrates and the snacking frequency increased in 21% of patients, respectively. Significantly 87% patients reported high levels of mental stress of any kind. Lockdown may cause weight gain and enhance the risk of T2D.

Patient education, support and telemedicine play a pivotal role In the prevention of hypoglycemia.

The covid 19, an unique opportunity for reorienting health workforce policy, the maximal use of the digital platform, the experience of providing care along with mental health and psychosocial supports to the health care workers.

GANDHIAN MEDITATION: Raghupati Raghav Rajaram.....

Adaptation of muscle and breathing exercises, deep breath meditation is mandatory. Visualization Meditation against stress is good to follow to relieve anxiety and stress, where you have to think of the comfortable atmosphere.



Dr. Sanjay Gandhi
Parent

Creative Brains: Mental Health Awareness

Importance of mental health

Some battles are unseen and unheard,
But they make the loudest noise within.

Such is the battle with mental health. Failures, rejections, loneliness, trauma have become some terrifying enemies of our fast-paced lives today. These enemies leave behind the negative emotions of pain, helplessness, and anxiety which have now become a major concern of the modern-day world. Good mental health focuses on the psychological, emotional, and social well-being of a person.

Every 1 out of 5 individuals in India suffers from some or the other form of mental disorder. Since the past year, these numbers have shown a surge due to the ongoing pandemic. India has been reported to have the highest rates of suicides among the age group of 15-29 years.

Mental health issues may be as a result of genetic causes, mental trauma due to a bad past experience, but whatsoever be the reason seeking help in regards to it is of utmost importance. In the world of comparison and competitiveness, most people suffer from an "inferiority complex" in which social media plays a prime role. Unemployment, financial problems, workplace load have burdened men with massive stress. The acknowledgment and proper approach towards mental health is the need of the hour since it may have an impact on a lifetime of an individual. Although the significance of spreading awareness through social media campaigns, discussions about the issues by eminent personalities and numerous foundations, formation of committees in educational institutes, and people's changing perceptions towards the new age problems would help millions of people to come ahead and speak about it breaking the social stigma. Habits such as reading, indulging in any kind of sports, or for that matter doing anything that enriches the mind with positivity helps many to fight against the odds of mental health. We need to realize that just as we feed our bodies with a healthy diet to stay physically fit it is equally important that we feed our minds too with the mental pills of joy, happiness, and peace!!!

Ishika Shetty
I-BDS

Riya Sawant
I-BDS

Mental Health

The picture of mental health appears to be different from different perspectives. However, the most accepted and generalized understanding of mental health is the state of mind which is emotionally and psychologically fit, it is able to maintain productivity and contribute to our little community.

Mental Health Illness is when these factors take a toll and depending on the diagnosis the person can be depressed, bipolar, schizophrenic or simply anxious.

Talking when done with a professional is called 'THERAPY' and it significantly helps in coming out of a downward spiral of chaos, self doubt, self hatred and similar attributes. In some cases of mental illnesses medication is prescribed to make the recovery of the person easier. People who go for therapy and medications need not be classified as weak as actor Hritik Roshan rightly says 'Being Vulnerable is what makes us Human'

A physical pain is something we are unapologetic to talk about. However, when we are going through anxiety, depression, chaos, confusion or an addictive behavior we don't allow ourselves to talk about it. It is because, since birth we are conditioned to believe that it is something to be embarrassed about. And lack of education does not help either.

We need to put an end to this stigma since in some cases mental illnesses can be fatal. At personal levels journaling helps in maintaining a healthy mind. Education through blogs, newspapers, podcasts, social media can significantly help in normalizing mental illnesses and it's treatment.

From our end if we are a little generous in behavior, polite in conversation and take in consideration the emotional state of every person we interact with, we can make this planet a better place to live in

Creative Brains: Mental Health Awareness

IT'S OK!

It's ok to stay away.
From things causing decay!
It's ok to heal
And sometimes not to reveal
It's ok to have a bad day.
As It's not always black and grey!!
It's ok to self love.
You had it all enough!
It's ok to be in demotion.
And let go of your bottled emotion!
It's ok to sometimes be at rest.
With all the worries detached
It's ok for which it carries the social
blemish
This is a chance to replenish
What's not ok, is,
To struggle in silence.
To question your beautiful existence!
To keep health at bay.
To leave your loved ones midway!
Lets pledge not to judge.
Not to hold a grudge
And always be in touch!
Because everyone is going through
too much!

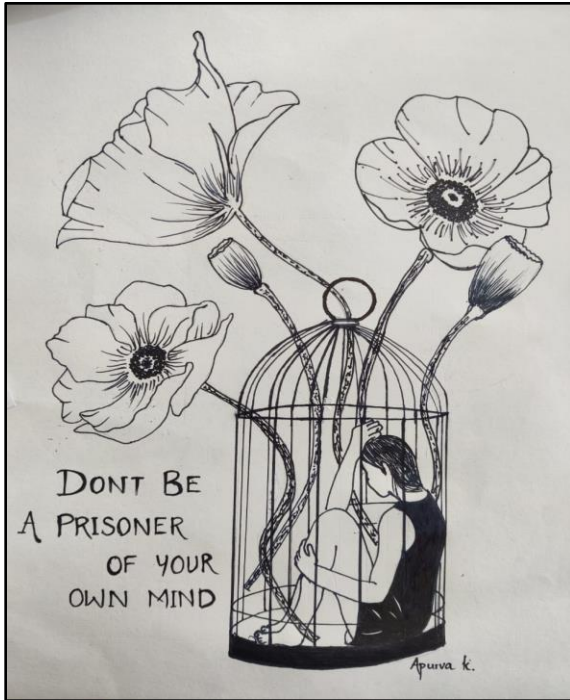
Gaurav Hinduja
III-BDS

Akanksha Satardekar Intern

“LOVE HERSELF “

Standing in front of the mirror, she
sees the now dull, fading and arduous
smile,
It had been long that she felt alright,
she had been struggling for a while;
Drowned in nostalgia, all those merry
moments flash by,
The beautiful times are now but just a
memory, she wouldn't have them
again, she knows, however hard she
may try;
Snivelling and grieving about this
transition in her life,
An incessant darkness and numbness
her mind was with rife.
With a tired soul and an aching heart,
she yet takes another step forward,
She'll fight this out, she promises
herself and not be a coward;
And all the pain and suffering that's
come to her is a blessing in itself,
The most important, above all, she
realizes is to unconditionally love
herself.

Creative Brains: Mental Health Awareness



Apurva Kurhade
Intern



Ankita Deshmukh
Staff



Shalini Bang
I-BDS



Saranga Mahajan
Intern

“Pun-tastic Wordplay and Quotes”

Creative Brains: Mental Health Awareness

Be positive always, except when it comes to COVID tests!



Dementia is a rising problem among elderly people. Umm.. I forgot it's etiology!

I don't have water. I have anxieTEA twice a day, And two shots of Depresso.



I met a crying man at Taco Bell one day. I went up to him and asked the reason for his sadness, but he did not want to taco bout it.

Virat Kohli has a brother who couldn't make it in life, leaving him in depression. His name is MelanKohli



Ignoring Dental health eventually empties your pockets. Ignoring Mental health eventually empties your life.

-Anuj Naware, Intern

“There will be a moment in life when failure will be the only bridge you'll have to take to make the crossover.”



-Dr. Nishant Das, PG-Prosthodontics