



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

Issue 3- 11.2021

Board of directors:

Editor in Chief: Dr. Srivalli Natarajan

Sub-editors:

Dr. Sarika Shetty
Sanika Gokhale, Bhagyashri Deshmukh,
Akanksha Satardekar, Anuj Naware,
Asmita Kokare

Monthly events at MGM DCH-November 2021

World Diabetes Day November 16, 2021

World Diabetes Day (November 14th) was celebrated to raise awareness about diabetes and its complications and lay stress on the importance of prevention and control strategies. To grace the occasion, we had Chief guest and renowned speaker for the day Dr. Jagannath Dixit, MD in Preventive and Social Medicine, 1990, PG Diploma in Hospital Administration, 1991, PG Diploma in Human Resource Management, 1995. He is the recipient of three national and four state level awards for his contribution in the field of health education.

The event commenced with the auspicious lighting of the lamp and the release of the October issue of our E-Newsletter. Three very eminent speakers, Dr. Jagannath Dixit sir, Dr. Sanjay Gandhi sir and Dr. Sandeep Rai sir gave insightful lectures on various aspects of the Diabetes. An informative 'Question and Answers' session followed, in which our students and faculty voiced their doubts and queries regarding Diabetes, which were generously tended to by our speakers.

The guest speakers were felicitated with mementos and a Certificate of Appreciation for taking time out of their schedules to visit us!





Patrons:

**Mr. Kamal Kishore Kadam
Dr. P.M. Jadhav
Dr. Sudhir Kadam
Dr. Nitin Kadam**

Issue 3- 11.2021

Mahatma Gandhi Mission's Dental College and Hospital

Kamothe, Navi Mumbai

Board of directors:

Editor in Chief: Dr. Srivalli Natarajan

Sub-editors:

**Dr. Sarika Shetty
Sanika Gokhale, Bhagyashri Deshmukh,
Akanksha Satardekar, Anuj Naware,
Asmita Kokare**

'Communal Harmony Campaign Week'- November 22nd to 25th 2021

Words of Change

November 22, 2021

Kalam- the Literary Club of MGM DCH conducted an essay and slogan writing competition to celebrate Communal Harmony. Entries were collected online and screened by our very own faculty- Dr. Srivalli ma'am, Dr. Jigna ma'am, and Dr. Anjali ma'am. Three best essays and two best slogans were awarded a Certificate of Appreciation for their talent.

A nominal entry fee of Rs. 50 was collected from all essay participants to raise funds. A donation drive was conducted to motivate faculty and students to donate for the cause. The funds raised through this campaign will be forwarded to the National Foundation of Communal Harmony (NFCH).



Art for All

November 23, 2021

A harmony-themed art exhibition was organised by Artville, the Art club of MGM DCH. Participants expressed ideas of equality, justice and belonging through the medium of colours, shapes and creativity.

Three best paintings were selected by a jury and winners were awarded a Certificate of Appreciation for their skill.

Communal Harmony stickers were hand-made by the Artville members and distributed to faculty, students and staff for a nominal fee of Rs. 10 each. The funds raised through this campaign will be forwarded to the National Foundation of Communal Harmony (NFCH).



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
Sanika Gokhale, Bhagyashri Deshmukh,
Akanksha Satardekar, Anuj Naware,
Asmita Kokare

'Communal Harmony Campaign Week'- November 22nd to 25th 2021



Sound of Music

November 24, 2021

A music melody inspired by the theme of Communal Harmony was organized by the Music Club of MGM DCH in the Rhythm Institute. Mr. Pramod Sarkate sir and Mr. Swaraj Sarkate sir were welcomed as the Chief guests for the event. Faculty and students performed melodious tunes and instruments to promote the spirit of harmony. Three winners were chosen by our Chief guests as were awarded certificates for their performance.

March and Flag Day

November 25, 2021

A Communal Harmony March was organised in the MGM campus to promote the cause of Communal Harmony and highlight the core values of equality, unity and justice. Faculty, students and staff were dressed in traditional wear, and participated in this rally.

Placards, banners and posters were made to showcase the idea of Communal Harmony. A skit was performed by students and interns to demonstrate the day-to-day examples of Communal Harmony and touch upon areas where these values might be violated.

The March and Flag Day was the final day of the Communal Harmony Campaign Week and concluded the week's festivities in the best way possible.





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

Environment and Energy Conservation

"Go green, Go clean"

Since our school days we have heard this proverb time and again. As habitants of planet Earth, humans have to be responsible enough while utilizing the resources that this planet provides us with and take care of the environment. But as we are in the fast-paced 21st Century, technology has taken over. The flip side of this is the lack of regard for our environment and misuse of energy resources. Today, the amount of deforestation has reached its peak. The carbon emissions are also ever increasing. This has led to the depletion of the ozone layer and eventually global warming.

The disregard for fresh water bodies by the industries, the blind disposal of toxic waste into them has polluted the water and has made it impossible to consume or use for any other purpose. The ever increasing waste has led to unavoidable use of Landfills to dispose off the waste.

The population crisis is one of the major causes of increasing economic burden and lack of innovative technology that can be utilized to maintain a clean environment. With a wider focus on sustainable development, we as a species, can design and develop technology that conserves the environment and endures renewable energy resources.

Renewable resources of energy such as Sunlight that can be used to provide electricity using solar panels, windmills that provide the same using winds as a source of energy or turbines in the water dams that also produce electricity by utilizing the kinetic energy of flowing water. These are greener resources that have started to flourish in many parts of the world. We need to shift our focus on these for a cleaner environment.

You may ask, why environment and energy conservation? I only have a single word answer - "*Survival*". Like we all know about the environmental crisis- increasing temperatures, melting ice caps, increased emission of carbon, rising sea levels etc. We know this is because of "Global warming". It will only become more and more difficult for humans and other species to survive on this planet. It's high time that we become aware and responsible towards this and help conserve our environment. The ways to contribute is to

- 1) Reduce, Reuse, Recycle.
- 2) Convert your garbage into compost using traditional methods
- 3) Plant more trees
- 4) Buy products and gadgets that emit less CFCs or carbon and are made using recycled waste
- 5) Avoid use of plastic wherever possible.

By doing these, we can soon have a cleaner and greener planet for our future generations to come.

It's time, let us start somewhere.



TO GROW OR NOT TO GROW?

As the 21st year of the 21st century comes close to an end, it is evident that modern day capitalism has made us humans yield profit from any situation or crisis. As I write this article, an exasperating and tragic reality of global warming is knocking on my window panes, as an unlikely December downpour washes down the Mumbai streets. Such abnormal climate behavior, that has become so common in recent years, doesn't really seem to be nature's doing, but the out-turn of reckless human behavior. "Or is it REALLY reckless behavior?" Some of us may ask this question. "Aren't growth, development and progress important for our economy?"

Sure, an airport in Navi Mumbai seems to be the need of the hour, and the Mumbai Metro Project will certainly make lives of millions of travelers easier. When one struggles every day and lives in poverty, growth is the only answer. Especially when the comparison is with the west. However, as a person who cares deeply for the environment, I cannot help but notice the paradoxical functioning of our world. Some pollute the environment, while others offer costly technology and design to mitigate environmental pollution. Some cut down Brazilian forests, while others pledge to plant hundreds of trees on World Environment Day. Some formulate and support policies that may cause permanent damage to our planet for short-term monetary gains, whereas children wage wars against politicians to safeguard our planet's future.

Clearly, there seems to be a conflict between humanity's development and the environment for now. Development projects are solving our problems, but at the cost of very high and long-term environmental losses. In other words, the real cost of any destruction in the environmental system is way too heavy than any short-term benefit. The real solution according to me lies only in the forthright and stringent protection of our environment. Any argument, or idea, that tries to rationalize environmental destruction in the name of GDP growth, needs outright rejection.



Dr. Jigna Pathak
Oral Pathology
IQAC Coordinator

Environment and Energy Conservation

Kahi building, kahi traamein, kahi motor, kahi mill
Milta hai yaha sab kuch, bas milta nahi dil...

Sitting by the window, I now watch the pale grey polluted skies,
The weeping face of distressed nature, constantly bearing the
brunt of human despise.

My furry friend's eyes behold an inconsolable grief of losing its
family and habitat,

Shouldn't we all stop the reckless destruction and be a little
more sympathetic about that?

The enormous oceans and dense forests have now gathered
plastics and poisons,

Our earth provides us fair for our needs, but we still seem to
have some superfluous reasons.

The rains and winds have now dangerously swapped their
course,

Leaving us helpless witnessing the nature's wrath and force,

But it's never too late, I believe, to save our Mother earth,

So there exists, in this coexistence of biodiversity, peace love
and mirth.



Dusk and Dawn

The drops of rain fresh and pure,
Thanks to us they now need a
cure.

The songs of birds, sweet and
divine,

Slowly it fades as they fight for
their lives.

The wind that once caressed our
cheeks,
Is now suffocating, do you hear it
shriek?

The trees once spread their
green blanket ,took us under and
kept us warm,
Yet we betrayed their love in the
name of reform.

A day will arrive, and we'll
quench for that last drop of
honey,
That's when we will realize ,one
can't eat money.
Nature's a legacy ,save some to
pass on,
Let's gift our future generations
the magic of dusk and dawn.

Devashree Kamble
I-BDS

Gaurav Hinduja
IV-BDS

Small steps

Litter in streets,
World full of concrete!
Whom to blame?
We should all be in shame!!
Still , in such pollution,
Let's come up with solution!
Keeping the water bodies
clean,
And the forests green,
Following the 3R routine,
With saying no to machines!
Let's clean and clear
The common element we
share!
Let's make a strong stand,
To keep healthy atmosphere
and land!
Let's be a part of green
revolution,
To help us in our evolution!

-Gaurav Hinduja
Final BDS

Environment and energy conservation

Energy conservation refers to efforts made to reduce energy consumption. It can result in increased financial capital, environmental quality, national security, and human comfort. Technology improvement can increase its efficiency making it relatively cheaper and thus encouraging its use.

Energy saved is the energy produced.

Conservation is not only related to behavior and practice but also time.

A change in our habits can bring a difference in the world. Those who have cars can turn off the engine at red light. It will reduce the pollution and lower the number of resources to use. It will also help in preservation of fossil fuel.

Conservation is not natural, it takes time. Without conserving energy, there is no way in which we can survive in the future. Carbon tax is a good measure which will force energy users to shift to less harmful energy resources.

Kshitija Kukade
III-BDS

ABOUT TIME

The First law of Thermodynamics states that, Energy is always conserved, it can neither be created nor destroyed. The total energy in the universe is a constant. However, not all energy can be utilized in productive ways and maintaining energy in its productive forms is necessary.

With increased modernization, large amounts of resources are being mobilized to create artificial energy, whereas natural energy resources continue to be depleted because of indiscriminate use. The human race needs to realize that even though modern machinery and artificial raw material has eased the energy crisis, if we continue down this path, it shall end up being the very reason of one.

Today, trees are being cut to build power plants, natural manure burnt to produce fuel and fertile land dug out to build skyscrapers. If we think these approaches are going to solve the energy crisis, we are fooling ourselves. The food chain, water and air cycles, natural geography and plant and animal resources, - there is so much nature has to offer that can be a solution to almost any man-made problem.

Instead of chasing industrialization and urban development, we must turn our attention to naturalization and ecological advancement. It is about time that, we dive deep into the ocean to find answers rather than leaving solid ground and rising to aimless heights.

Sanika Gokhale
Intern

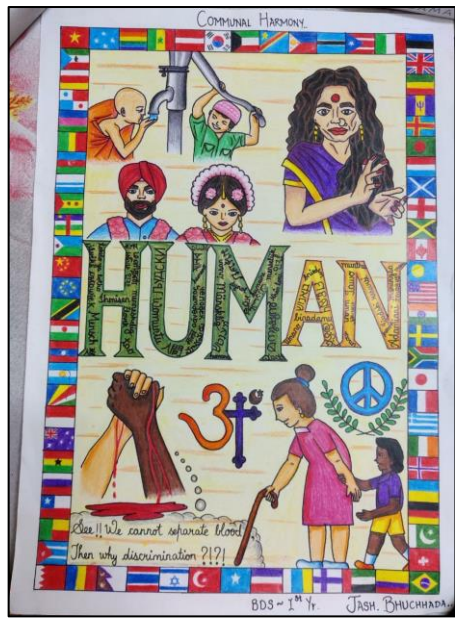
Creative Brains: Environment and Energy Conservation



Pratiksha Mali
I-BDS



Rhutu Rajendra Bore
I-BDS



Jash Bhuchhada
I-BDS



Saranga Mahajan
Intern



Saranga Mahajan
Intern

“Pun-tastic Wordplay and Quotes”

Creative Brains: Environment and Energy Conservation

Take the bus, switch off the fan,
Pick up the trash and inspire another man,
Wake up now, to nature’s alarm,
And let’s all prevent this impending harm.

-Sanika Gokhale, Intern



Conservative dentists are the best people to talk about Energy conservation. They know how to conserve the natural tooth and the environment.

-Anuj Naware, Intern

The weather is so haphazard these days; I am expecting sunshine in the nights.

-Anuj Naware, Intern



The wind turbines look good only in one colour- Blew.

-Anuj Naware, Intern

Some people aren’t lazy, they are just on energy saving mode!

-Anuj Naware, Intern



“*Pun-tastic Wordplay and Quotes*”

Our Champs!

Shivang Ojha - 4th rank in MUHS examinations - First year BDS



Rhea D'Cunha - 2nd rank in MUHS examinations - Second year BDS

Rhea D'Cunha - MUHS examinations - Subject Topper in General Pathology & Microbiology

Noble Deeds: Generous Donors for Communal Harmony



Dr. Srivalli Natarajan, Dean

Dr. Bharat Gupta, Public Health Dentistry

Dr. Neha Patil, Oral Medicine and Radiology

Dr. Ashvini Padhye, HOD, Periodontics

Dr. Sarika Shetty, Periodontics

Dr. Jigna Pathak, Oral Pathology

Dr. Amrut Bambavale, Conservative dentistry and Endodontics