



MAY 2025 | Issue No. 45

Mahatma Gandhi Mission's Dental College and Hospital
KAMOTHE, NAVI MUMBAI.

अपनी खबर

Maharashtra Day

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
Samiksha Jain
Sheetal kharat
Piyusha Anup Krishnan
Adishree Patil

Maharashtra is more than just a geographical boundary—it is the land of saints and scholars, freedom fighters and reformers, artists and warriors. From the valor of Chhatrapati Shivaji Maharaj to the wisdom of Jyotirao Phule, from the melody of Lavani to the intellectual vibrance of cities like Pune and Mumbai, Maharashtra continues to be a cradle of culture, courage, and progress. This edition of our college newsletter pays homage to this spirit—featuring stories, art, and voices that echo the pride of being Maharashtrian. Let us come together not just to celebrate a date in history, but to reflect on the values that make our state truly extraordinary—*sāṅskṛtik vāibhav* (cultural splendor), *sāhitya-prém* (literary love), and *janatāchā āvāz* (the voice of the people).

Jai Maharashtra!



Dean's desk : Maharashtra Day

Dear Students, Faculty, and Readers,

It gives me immense pleasure to extend my heartfelt greetings on the proud occasion of Maharashtra Day. This day holds great significance in the history of our nation, marking the formation of the state of Maharashtra on 1st May 1960, born from the collective will, sacrifice, and vision of countless individuals who strived for linguistic and cultural unity.

Maharashtra has always been a land of inspiration. It is home to great visionaries like Chhatrapati Shivaji Maharaj, Dr. B. R. Ambedkar, Savitribai Phule, and Lokmanya Tilak, whose lives and legacies continue to guide us. The state's deep-rooted traditions in education, social reform, literature, and public service are a testament to the strength of its cultural and intellectual heritage.

As a center of learning, we have a responsibility to uphold these values. Let this Maharashtra Day inspire us to embody the ideals of excellence, equity, and empowerment. Let us also celebrate the diversity and dynamism that define Maharashtra—from the hills of Sahyadri to the bustling streets of Mumbai—with pride and purpose. May we, as students and educators, continue to contribute to the progress of our state and nation, just as our forebearers did—with knowledge, compassion, and unwavering dedication.



**DR. SRIVALLI NATARAJAN,
DEAN MGMDCH,
HOD- DEPARTMENT OF ORAL
AND MAXILLOFACIAL SURGERY**

Subeditor's say: Maharashtra day

Dear Readers,

As we bring to you this special edition of our college newsletter, themed around Maharashtra Day, I find myself reflecting not just on history, but on identity.

Maharashtra is more than the land we live on—it's the language we speak, the stories we've grown up with, the festivals we celebrate, and the values we inherit. It's the rhythm of dhol-tasha in processions, the echo of Lavani beats, the flavor of poha and puran poli, and the wisdom passed down in the voices of our elders and teachers.

This edition is a tribute to all that makes Maharashtra special—its people, its pulse, and its purpose. As students, we often get caught up in deadlines and exams, but Maharashtra Day reminds us to pause and connect with our roots. It encourages us to be proud torchbearers of a legacy built on courage, intellect, and unity.

Let's carry forward this heritage not just in celebration, but in how we live, learn, and lead.



DR. SARIKA SHETTY
PROFESSOR, DEPARTMENT OF
PERIODONTICS

Faculty's say: Maharashtra day

Dear Students and Readers,

As we celebrate Maharashtra Day, we pause to honor the proud legacy of a state that stands tall in its contribution to India's cultural, social, and educational landscape. This day is not just a remembrance of the formation of Maharashtra on 1st May 1960, but a celebration of the spirit that defines it—resilience, reform, and rich heritage.

As a faculty member, I find inspiration every day in the ethos that Maharashtra embodies. From the visionary reforms of Mahatma Phule and Savitribai Phule, to the revolutionary ideas of Dr. B. R. Ambedkar, and the fearless leadership of Chhatrapati Shivaji Maharaj, we are reminded that true progress lies in courage, education, and inclusivity. In our classrooms, we do more than teach—we nurture the next generation of thinkers, leaders, and change-makers. On this Maharashtra Day, I encourage all of you to delve deeper into the legacy of our state and draw strength from its ideals. Whether it's through academics, art, service, or innovation, let us contribute meaningfully to our society, just as the stalwarts of Maharashtra have always done.

Let us celebrate not only with pride, but with purpose.



DR. USHA ASNANI
PROFFESOR, DEPARTMENT OF
ORAL AND MAXILLOFACIAL
SURGERY

NSS Flag hoisting event



The State, known for its economic prowess and rich heritage, celebrated the day with a series of events showcasing its contributions to India's progress. The event was celebrated with great enthusiasm and reverence by the NSS unit along with the dignitaries. The event was a memorable occasion that brought together NSS volunteers, staff members, and students. The day was marked by a solemn flag hoisting ceremony followed by the singing of the national anthem. The participants assembled near the Divisional Center, Airoli, where a sense of unity and pride was palpable. The highlight of the day was the flag hoisting ceremony. The national flag was hoisted at 7:00am. The Indian National Flag representing the hopes and aspirations of the people of India. It is the symbol of our national pride, was raised with great dignity and respect. The flag hoisting was performed by Dr. Rajendra Shivaji Bangal, Registrar, MUHS, Nashik. Following the flag hoisting, the attendees joined together in singing the national anthem. The anthem, was sung with great enthusiasm and unity. The collective voices of the volunteers, students, and staff resonated, embodying the spirit and commitment of Maharashtra to advancing health sciences education and service. Following which the chief guest conveyed the theme of the MUHS Center, Airoli as Micro dentistry and communicated the fellowship opportunity there, a tour of the center and also motivated us about the various opportunities in dentistry.

The Maharashtra Foundation Day celebration at MGM Dental College was a resounding success under the guidance of our mentors, Dr. Pankaj Londhe & Dr. Neeraj Kolge.



Dental Premier League

The much-anticipated Dental Premier League (DPL) season 2, a cricket extravaganza tailored exclusively for the students and staff of Mgm dental college, was successfully conducted in MGMDCH. The event aimed to promote sportsmanship, physical fitness, and camaraderie among budding dental professionals. The DPL witnessed enthusiastic participation from all academic years, interns, and faculty members and non teaching staff making it one of the most spirited events on the college calendar.

Opening Ceremony: The event was inaugurated by the dean Dr Shrivalli Natrajan who highlighted the importance of sports in a student's life and declared the tournament open with a ceremonial toss.

The Dental Premier League 2025(season 2) was more than just a cricket tournament — it was a celebration of teamwork, resilience, and college spirit. The event brought together students across years and created memories that will be cherished for years to come. Kudos to the organizing team especially Dr Aditya Shinde for pulling off a fun, fair, and thrilling tournament amidst all the challenging weather conditions.

Participating teams included

1st yr : Thunder strikers

2nd yr : Mighty Mavericks

3rd yr : Gladiator United

4th yr : blitz brigade

Intern : star stalkers

Non teaching : bravehearts XI



Winners -

Boys - 3rd years -gladiator united

Girls - Interns- Star stalkers

Good Laboratory Practice

Topic - Radiation safety practices in Dental Radiology

□ Lecture Objective:

- o To Give an overview on Various Effects of radiation on human being.
- o To study various protective measures for Operators.

□ A guest lecture was organized by the department of oral medicine and Radiology on 15 th may

2025 for final year B.D.S Students. Ms. Shubhangi Tirpude was the guest speaker for the programme. Ms Shubhangi Tirpude madam has experience in leading hospitals and academic institution specializing in advanced radiotherapy techniques (3DCRT, IMRT, VMAT, SBRT, TBI) quality assurance protocols and regulatory compliance with AERB. She is Level III Radiation safety officer and medical physicist at M.G.M Medical college and hospital, kamothe.

□ Dr. Priyanka tidke briefly introduce guest speaker to the audience. Ms. Shubhangi Tirpude delivered a lecture on topic radiation safety practices in Dental radiology. There were 80 participants for the programme. The final year students were the target audience. Ms.

Shubhangi

Tirpude enlightened the audience regarding the various radiation safety means and procedures

that has to followed by the operators working in dental radiology.

□ Lecture Outcome:

□ It was a very successful program which provided an overview on various Radiation Protection Means for the Operator and the patient. All the objectives of the Guest Lecture were achieved.



Basic Implantology course

Topic - Basic Implantology session by Dr. Ashvini padhye



Department of Prosthodontics conducted Basic implantology course by Dr. Ashwini Padhye, sponsored by OSSTEM for Interns batch. Dr. Ashwini padhye gave an insightful lecture which included the basics of implant, followed by the armamentarium required and the surgical procedures. The primary objective of this session was to introduce students to the fundamental concepts of dental implantology, highlighting its significance as a modern and effective tooth replacement option. The lecture aimed to provide a foundational understanding that would bridge the gap between theoretical knowledge and the clinical relevance of implants in contemporary dentistry.



Pledge Ceremony for tobacco free generation



On the occasion of No Tobacco day to be celebrated on 31st May 2025 a pledge Campaign was conducted for the Health Care Professionals and the patients on 21st May .

A pledge was taken near the foyer area by all the faculty members followed by giving thumb impression on board.

The main objective of the pledge was to spread awareness about the deleterious habits among the patients as well as healthcare workers in order to uplift the society .



Gloving Techniques

Session- Industry Academia Collaboration lecture on Gloving Technique



The department of Oral and Maxillofacial Surgery , in association with Ansell, organised an Industry Collaboration lecture on Gloving technique . It was conducted for 3rd years, final years and PG students in A.P.J Abdul Kalam Auditorium of MGMDCH .

The session was focused on the practical insights into proper gloving techniques such as donning & doffing techniques, emphasising on hand hygiene before and after glove use . The Ansell provided the students with different sizes of gloves (both in latex & nitriles) to try on & inculcate the proper techniques.

Overall , the session was a great success !



ACTERAC posting Feedback

ACTREC, TATA Memorial Centre: cancer treatment Centre in Kharghar

"Summarising the last 4 days of postings

We saw the patients coming in the opd who are going through chemo and radiations for their underlying cancers .

The major challenge to treat these patients is the limited mouth opening. Simple extractions becomes difficult as even the instruments also cannot be adapted properly.

There was 22 yrs old patient who had the the CA of alveolus in right mandible . The rehabilitation of that region was to be attempted .

Patient with maxillary defect was advised obturator . The impression making for obturator was witnessed

Procedures such as scaling , RCTs , extractions, were observed for the cancer patients.

It is a great opportunity to witness these cases and it also motivates us to widen our horizons"

A report summarizing our four-day observational experience in the ACTREC Department at Tata Memorial Centre.

During our four-day posting we had observed numerous case presentations involving different types of oral cancers such as squamous cell carcinoma, oral submucosa fibrosis.

We observe cases like extraction , scaling in patients with limited mouth opening.

We also visited there lab where different types of appliances are fabricated like obturators for cleft lip and palate patient, extraoral prosthesis fabrication like fabrication of lower lip.

We observe impression making for cleft lip and palate patient for fabrication of obturator .

We also learnt about counselling of patient suffering of cancer at very young age

"During our four-day posting we had observed numerous case presentations involving Squamous Cell Carcinoma (SCC) affecting various sites within the oral cavity, including the tongue and buccal mucosa, as well as other oral lesions.

A significant aspect of the case discussions centered on the multidisciplinary approach to treatment planning. We noted the consideration given to diverse therapeutic modalities, including both chemotherapy and radiation therapy,

In cases involving elderly patients with advanced disease, we observed instances where palliative chemotherapy was advised as the most appropriate course of action. The primary objective in these situations was to effectively manage symptoms and enhance the patient's overall quality of life.

Furthermore, the importance of prosthetic rehabilitation following surgical intervention was emphasized in restoring normal function and improving the patient's long-term outcome.

During follow-up appointments, we observed the potential oral sequelae associated with radiation and chemo therapies. We observed and learned about the management of common side effects such as mucositis, xerostomia (dry mouth), and alterations in taste perception.

We also witnessed the clinical challenges encountered when performing dental extractions and other necessary oral procedures in patients presenting with restricted mouth opening.

Our observational period at the ACTREC Department provided valuable exposure to the importance of individualized treatment planning, and the critical role of dental considerations throughout the patient journey, from initial diagnosis and active treatment to post-operative rehabilitation and long-term follow-up"

Blood Donation drive

NSS unit of MGMDCH, organised a blood donation camp . In current situation arising from the India Pakistan conflict , the need for the blood may increase significantly. Thus, to support our armed forces and civilians who may be affected , MGMDCH in collaboration with the esteemed blood bank of MGM medical college and hospital organised the blood donation drive. It was a great success and a humble gesture towards the nation by the MGM staff and students .



Fire extinguisher Mockdrill



The fire extinguisher mock drill and awareness lecture was conducted for the students of MGMDCH by Department of Prosthodontics to educate them about basic fire safety measures and the correct usage of fire extinguishers in case of emergencies. The session began with a brief lecture by the security supervisor of MGMIHS Mr. Sunil Kamble , who explained the different types of fire extinguishers (Water, Foam, CO₂, Dry Chemical, etc.) and their appropriate usage depending on the class of fire. Important safety precautions, such as the PASS technique (Pull, Aim, Squeeze, and Sweep), were also demonstrated. Overall the event was a great success and students got the insightful of safety protocols measures .



No Tobacco Awareness Rally

On the occasion of world no tobacco Day the NSS unit and UBA of MGM dental College and Hospital organised a no tobacco awareness rally, pledge and oral health checkup to spread awareness about the harmful effects of tobacco, use and to promote a healthy tobacco free lifestyle among the villagers of Waze village.

Along with the help of the Grampanchayat and ASHA workers of the village , the staff members , and interns of MGMDCH executed the rally with a great enthusiasm . Awareness campaign also included the circulation of the pamphlets , toothpastes , mouthwashes and the counselling and motivation to the villagers regarding the harmful effects of tobacco.



No Tobacco Day Awareness Campaign at Seawoods Nexus Mall



MGMDCH's NSS unit, in collaboration with the College Working Committee, Tobacco Cessation Center, and the Department of Public Health Dentistry (PHD), organized a dynamic awareness campaign at Seawoods Nexus Mall.

The event commenced with free oral health check-ups conducted by MGMDCH staff and interns, followed by an awareness rally and the distribution of informative pamphlets. To engage the public and highlight the harmful effects of tobacco, a vibrant flash mob and a thought-provoking skit were performed.

A drawing competition for children and creative tattoo art by our skilled tattoo artists added an interactive and enjoyable element to the event, attracting families to the Spaceverse zone of the mall. The enthusiastic support and cooperation of the Seawoods Nexus Mall team played a crucial role in making the campaign a resounding success.



Awards and Achievements



1st place in badminton tournament , under Maharashtra Badminton Association



Dr. Shraddha - Post graduate Diploma In Omics Technologies, IIT Jodhpur

Awards and Achievements



Dr. Sarika Shetty achieved an certificate of poster discussion & certificate of attendance at EuroPerio11 , Vienna ,Austria



Dr. Aishwarya Patil achieved an certificate of poster discussion & certificate of attendance at EuroPerio11 , Vienna ,Austria

Quotes of the Month

"अखंड राहो सदा हे शिवराष्ट्र, जयघोष करूया जय जय
जय जय महाराष्ट्र."

Translation: "May this land of Shivaji
remain united forever; let's chant victory
to Maharashtra."

"माझा माझा महाराष्ट्र माझा, मनोमनी वसला शिवाजी
राजा, वंदितो या भगव्या ध्वजा, गर्जतो, गर्जतो महाराष्ट्र
माझा."

Translation: "My Maharashtra, where
Shivaji resides in every heart; we salute
the saffron flag, my Maharashtra roars."