

JANUARY 2024 | Issue No. 29



Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

अपनी खबर

75TH REPUBLIC DAY 26TH JANUARY



The 75th Republic Day of India marks a significant milestone in the nation's history, symbolizing a journey of resilience, progress, and unity. Celebrated on January 26th, this occasion commemorates the day when India adopted its constitution in 1950. This landmark anniversary prompts reflection on India's democratic values, social evolution, and global influence. As the world evolves, India continues to navigate challenges, emphasizing inclusivity and sustainable development. The tricolor unfurls with pride, echoing the struggles and triumphs that have shaped the nation. The 75th Republic Day serves as a reminder of India's commitment to democracy, pluralism, and the pursuit of a brighter future for its citizens.

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
Aqsa Javed
Samra Shaikh

DEAN'S DESK: 75th REPUBLIC DAY

On this momentous occasion of the 75th Republic Day, I am writing this with pride and gratitude.

Our dental community reflects the spirit of a progressive, united India. As we celebrate our democratic values, let us also acknowledge the role oral health plays in the well-being of our nation.

Just as our constitution forms the backbone of our democracy, oral health is fundamental to overall health. Our commitment to excellence in dental education aligns with the nation's pursuit of progress. Let us embrace innovation, research, and community outreach to address oral health challenges across diverse sections of society. As dental professionals, we are custodians of oral well-being, contributing to the broader canvas of national health. Let the principles of compassion, inclusivity, and expertise guide our endeavors.

Happy Republic Day, and may our dental fraternity continue to shine as a beacon of oral health in the service of our great nation.



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

SUB-EDITOR'S SAY : 75TH REPUBLIC DAY

On this historic 75th Republic Day, I extend warm greetings to everyone reading this piece . As we stand at the intersection of tradition and progress, our dental community plays a pivotal role in fostering health and well-being.

Our journey parallels the evolution of our great nation.

Just as the constitution frames the aspirations of a democratic India, our commitment to dental education shapes the future of oral healthcare. Let us reflect on the principles of equality, compassion, and scientific rigor that define both our democratic ethos and the field of dentistry.

As dental professionals, we carry the responsibility of nurturing not only smiles but also the overall health of our fellow citizens. Through education, research, and clinical expertise, we contribute to the nation's health narrative.

On this Republic Day, let us renew our dedication to excellence, inclusivity, and service. May our endeavors in dentistry continue to contribute to the vibrant tapestry of our democratic, diverse, and ever-progressing nation.

Happy Republic Day to all.



DR. SARIKA SHETTY
PROFESSOR,
DEPARTMENT OF PERIODONTICS



FACULTY : 75TH REPUBLIC DAY

Just as our nation celebrates its democratic spirit, our commitment to oral health reflects our dedication to service and progress.

As dental professionals, let us embrace the responsibility to contribute to the health narrative of our great nation. Through education, research, and compassionate care, we play a vital role in enhancing the quality of life for our fellow citizens. May our endeavors in dentistry align with the principles of inclusivity and excellence, contributing to the broader canvas of a healthy and vibrant India.

Wishing you all a joyous Republic Day

Dr Devanshi Shah
Tutor, Department of Pedodontics



Parents speak: 75th REPUBLIC DAY

India's 75th Republic Day evokes a myriad of emotions within me, a complex tapestry woven with threads of pride, reflection, and hope. The grandeur of the celebrations and the historical significance of this milestone instill a profound sense of pride in my heart. The tricolor unfurling against the azure sky becomes a vivid symbol of India's resilience and progress.

As I witness the patriotic fervor, my emotions transcend mere celebration. There's a deep reflection on the diverse tapestry of cultures, languages, and traditions that make India unique. The achievements attained and challenges faced by the nation in the past 75 years trigger a sense of introspection, prompting me to contemplate the collective journey of a billion souls towards a shared destiny.

Amidst the pride and reflection, there is an undercurrent of hope. The 75th Republic Day becomes a canvas onto which dreams for a more inclusive, harmonious, and prosperous India are painted. It sparks optimism about the potential for positive change and the role each citizen can play in shaping the nation's future.

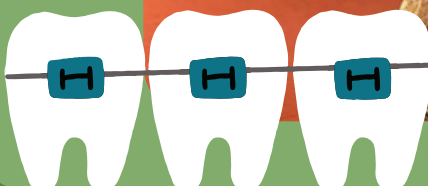
In essence, India's 75th Republic Day weaves together a symphony of emotions, embodying a celebration of the past, a contemplation of the present, and a hopeful anticipation of what lies ahead.

Shaikh
Mother Of Alfiya Shaikh
Intern

ORTHODONTIC WORKSHOP



The department of orthodontics and Dentofacial orthopaedics organised a seminar on “ MAXIMISING POWERPOINT PRESENTATION SKILLS” by Dr Girish Karandikar. After the seminar there was a workshop in which the students were asked to make presentations keeping in mind all the nuances taught in the seminar earlier that day

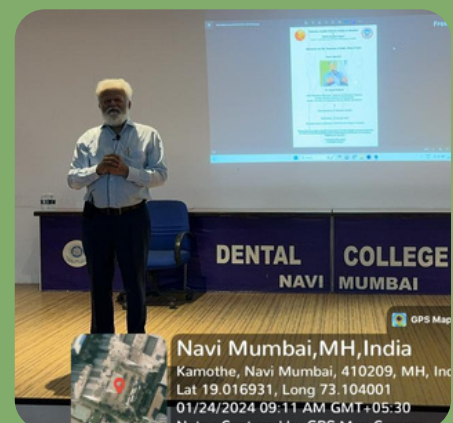


HARMONY OF BODY ,MIND AND SOUL

LECTURE BY DR ANAND GOKANI



Dr Anand Gokani who is a consultant physician (diabetes and metabolic diseases) and great grandson of Mahatma Gandhi was invited to MGM dental college and hospital for the session on “ The Harmony of the Body, Mind and Soul” . Dr. Anand Gokani was welcomed by Dean, Dr Srivalli Natrajan, Richa Kadam and Dr. Usha. Garlanding of the Mahatma Gandhi statue was done in the morning before the session. The first session was from 8:45 to 10:15 with the teaching , non teaching staff , PGs and interns. The session began with Dean , Dr Srivalli Natrajanwelcoming the guest speaker and lighting the lamp followed by felicitating Dr Anand Gokani with a memento. In the session how to incorporate a healthy lifestyle was explained . The second session was from 10:30 to 12:00 with physiotherapy students and 1st year BDS students. In the session Dr. Anand explained the importance of rest . After the session visit was made to Gandhi center at the MGM campus



“PUBLIC HEALTH BEYOND BORDERS” in association with University of Philadelphia

Day One

A team from Temple University under the guidance of Dr. Graciela Jaschek reached MGMDCH around 1 pm where an icebreaker session was held with the team of MGMDCH.



Discussion and strategy planning

Strategies for next 10 days were discussed, groups were divided each having students from both the Institutes for the following activities:-

1. Teeth Brushing Activity
2. Hand Hygiene Activity
3. Menstrual Health Awareness Activity



Packing of goodie bags for children in turmale village

“PUBLIC HEALTH BEYOND BORDERS”

in association with University of Philadelphia

Day Two

The teams visit
Turmale, Panvel
where teeth
brushing, hand
hygiene
activities were
planned for
school children
(Grade 1 to
Grade 4) and
Menstrual
Health activity
for the females
of the village.



Teams demonstrating correct tooth brushing technique



Children volunteers showing the technique they learned



Students demonstrating different menstrual products to the women of Turmale village



The women participating in discussing the issues they face.

“PUBLIC HEALTH BEYOND BORDERS” in association with University of Philadelphia

Day Three



The sessions included diya painting and mehendi. In these sessions the temple university delegates painted diyas and were told about how diyas are a part of Indian culture followed by mehendi where students from MGMDCH applied mehendi to temple university delegates.

“PUBLIC HEALTH BEYOND BORDERS”

in association with University of Philadelphia

Day Four

The teams of MGMDCH and Temple University visited Ajivali PHC to interact with the Asha workers.

Around 40-50 asha workers gathered. These Ashas provide primary health care to few villages around Ajivali.



Asha workers inacting the conversation between them and villagers



Menstrual health awareness session for Asha workers

The teams briefed Asha workers about communication skill that might help them while interacting with community to know their problems and provide solutions to them. It was like an icebreaker session where the Asha workers got comfortable sharing the issues they face.

Later, four groups were made among temple students and mgm students.

Similarly, Asha workers were divided in four groups and different topics were discussed with them

1. Tobacco usage and cessation
2. Health and diet
3. Menstrual hygiene and Menopause

“PUBLIC HEALTH BEYOND BORDERS” in association with University of Philadelphia

Day Six

A PPT was shown highlighting the significance of hand hygiene in preventing the transmission of diseases and reducing the risk of infection.

The presentation was done in 4 groups which were created according to the class



A demonstration with soap and water for children to remember better



Students teaching the steps of hand washing to children in residential school

“PUBLIC HEALTH BEYOND BORDERS”

in association with University of Philadelphia

Day Seven

Evaluation of the handwashing activity was carried out at the residential school from 1pm to 3pm. 4 boys and 4 from each standards (1st to 8th) were randomly chosen for the same. Temple students and MGM students team were divided into 3 groups to assess the activity of the students .



Evaluation of hand washing technique

Menstrual hygiene activity was conducted for young females aged 12-14years from 5-6-7-8th std

All the females students of the high school were made to sit in one hall . Questions were asked to the students to assist their knowledge about menstruation and it's hygiene 60% of the female students were in pre menstrual period. Students were encouraged to share their own experience to the younger students , this made them more comfortable and receptive about the topic .Later presentation for menstrual hygiene followed by demonstration of products was done . Importance of Nutrition and physical exerciseduring menstruation was being highlighted to them .



Menstrual health awareness session for school girls (6th to 8th grade)

“PUBLIC HEALTH BEYOND BORDERS” in association with University of Philadelphia

Day Eight

A presentation about teeth brushing techniques and oral was done. demonstration and evaluation of the tooth brushing activity was carried out in Shantivan school



Demonstration about tooth brushing methods



Tooth Brushing Evaluation

“PUBLIC HEALTH BEYOND BORDERS”

in association with University of Philadelphia

Day Nine

Activity was carried out among women aged from 34-50 years. Most of the females were in the post menstrual period. They either had experienced menopause or were going through the same but were not aware about the symptoms.

A presentation about the menstrual hygiene was done emphasizing the importance of nutrition. Later demonstration of alternative menstrual products was done along with a menopause presentation.



“PUBLIC HEALTH BEYOND BORDERS”

in association with University of Philadelphia

Day 10

The day started with a detailed debriefing session about the complete project, everything that went well and things that could have been better were discussed. Plans and strategies were discussed for the next project.



WHITE COAT CEREMONY FOR NEWLY INDUCTED THIRD YEARS



A white coat ceremony was held for the third years that were just entering clinics by the PTA committee. The dean, Dr Srivalli Natarajan as well as all HOD's were present for the ceremony. It began with lighting of the lamp after which Dr Srivalli spoke to the students about the importance of clinical learning following the correct principle. This was fo



WHITE COAT CEREMONY FOR NEWLY INDUCTED THIRD YEARS



Dean's Address



Lecture by Dr Kamlesh Dekate on Moral ethics in dental practice



Lecture by Dr Vineet Kini on Infection control and waste disposal



Lecture by Dr Ruchita Balkawade on Importance of case history documentation



Lecture by Dr Ankita Deshmukh on Formal and Informal consent and assent



FIRST BASIC LIFE SUPPORT SESSION FOR INTERN BATCH 2023-2024

The first Basic Life Support session
was taken for the new batch of
interns in the MGM SKIIL LAB



COMMEMORATING 76th DEATH ANNIVERSARY OF MAHATMA GANDHI



An event to
commemorate
Mahatma
Gandhi's 76th
death anniversary
was organised by
MGMDCH and the
MGM Gandhi
centre



MGMDCH INTERNS ATTEND A SCIENTIFIC WORKSHOP IN KHANOLKAR SHODIA AUDITORIUM

The interns of MGMDCH attended the one-day scientific workshop on strengthening the skills for the Implementation of the National Oral Health program to be held on 8th January 2024 at Khanolkar Shodhika Auditorium, Kharghar, Navi Mumbai



CREATIVE BRAINS

सैनिक जीवन

कश्मीर में सर्दी नहीं होती
मुंबई में गर्मी नहीं होती
हम भी घर जाकर हर त्योहार मनाते
अगर हमारे जिस्म में सर्दी नहीं होती,
अपने परिवार को अकेला छोड़ देते है
चिट्ठी-पत्रों से उनका हाल पुछ लेले है
अकेले ही अपने सरहद की सर्दी झेलते है
अतंकवादियों की गोलियों को अपने खंदे पर लेते है
कभी ठंड में ठिठुर कर देख लेना
कभी तपती धूप में जल कर देख लेना
कैसे होती है हिफाजत मुल्क की
कभी सरहद पर चल कर देख लेना
हम तो हर खुशी अपनी सरहद पर मनाते है
कभी रोपे का भी मन होतो उसे भूल जाते है
राखी का इंतजार हमको भी हरदम रहता है
वतन की मोहब्बत में खुद को तपाए बैठे है
मरेंगे वतन के लिए शर्त मौत से लगाए बैठे है
न झुकने दिया तिरंगा को न युद्ध कभी ये हारे है
भारत माता तेरे वीरों ने दुश्मन चुन-चुन कर मारे है

PRASAD GHARGE

1ST Year BDS

CREATIVE BRAINS

DATE- 26TH JANUARY, 2024 .

Respected soldiers and officials of,

The Indian Armed Forces,

The Indian Army , Navy And Air Forces,

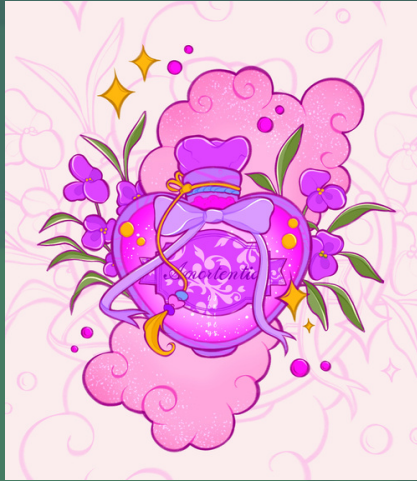
Being fortunate enough to be a part of an accompanied yet growing and maturing country like our India, I gracefully accept the opportunity that is bestowed upon me to thank and praise our very own courageous and valiant soldiers ! I honor the bravery of the servicemen and women who risk their lives on behalf of our country and the 130 crore confident ,secure, and grateful citizens that reside within its well guarded boundaries. A soldier has the highest obligation and privilege of citizenship, since that's the one that bears arms for their own country, as quoted by the braveheart general George S Pattan jr himself.

Your inspiring bravery , service and dedication, serve as an example for one and all, since you'll protect those that think they don't need it, but are at utmost risk of being struck by danger.

“Shukriya hai aapka , kyunki aapne hi sambhaala hai aapne hi savarahaai yeh desh hamara!

SWAYAM VIKAS AUNDHKAR – a proud citizen of
India

Artists of MGM



**Aqsa Javed
Intern**



**Drishti Soni
2 BDS**



**Geeta Singh
1 BDS**

QUOTES OF THE MONTH

1. **"In the face of adversity, resilience becomes our greatest strength."**

2. **"Change is the only constant; adaptability is the key to progress."**

3. **"Unity in diversity: a timeless principle for building a stronger, more inclusive world."**