



JUNE 2024 | Issue No. 34

Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

अपनी खबर

JUNE 21,
2024

International Yoga Day

Yoga is the symbol of universal aspiration
for health and well-being. It is a health
assurance on zero budget

World Yoga Day, celebrated on June 21st, promotes the physical, mental, and spiritual benefits of yoga worldwide. This day highlights yoga's ability to enhance overall well-being by reducing stress, improving flexibility, and fostering mindfulness. Whether through asanas, meditation, or breathing exercises, yoga offers a holistic approach to health, making it a valuable practice for people of all ages. It's a global call to embrace a balanced and healthy lifestyle.

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DEAN'S DESK: WORLD YOGA DAY

World Yoga Day, observed on June 21st, holds special significance for our dental college. As the Dean, I see it as an opportunity to highlight the vital connection between holistic wellness and dental health. Dentistry often focuses on the physical aspects of oral health—teeth, gums, and overall hygiene. However, the integration of yoga into our daily lives can have profound benefits on both mental and physical well-being, which directly impacts dental health. Stress, a common contributor to oral health issues like bruxism and gum disease, can be effectively managed through regular yoga practice. Yoga promotes relaxation, improves breathing, and enhances overall body awareness, which can help in reducing stress and improving posture, both of which are crucial for maintaining good oral hygiene. For our students and faculty, incorporating yoga into our routines can also enhance concentration, reduce anxiety, and improve ergonomic practices during clinical procedures. Dental professionals often face the challenges of long hours and physically demanding work, which can lead to musculoskeletal issues. Yoga offers a preventive approach, helping to maintain physical fitness and mental clarity, thus contributing to better patient care. On this World Yoga Day, I encourage our entire dental community—students, faculty, and staff—to embrace yoga not just as a form of exercise, but as a comprehensive tool for enhancing our overall health and well-being. By doing so, we not only improve our own lives but also set a positive example for our patients, promoting a holistic approach to health that extends beyond the dental chair.



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

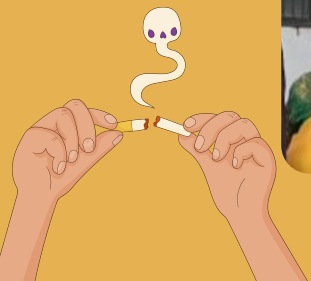
SUB-EDITOR'S SAY : WORLD YOGA DAY

As a professor at our dental college, World Yoga Day is a reminder of the integral connection between overall wellness and dental health.

Yoga, with its emphasis on balance, relaxation, and mindfulness, plays a crucial role in managing stress, a key factor in many oral health issues like bruxism and gum disease. By incorporating yoga into our daily routines, we can improve not only our physical posture and endurance, essential for long hours of clinical work, but also our mental focus and stress resilience. For our students, practicing yoga can enhance concentration, reduce anxiety, and foster a holistic approach to patient care. On this World Yoga Day, I encourage everyone to embrace yoga as a means to achieve a balanced, healthy life, benefiting both our personal well-being and our professional effectiveness in dentistry.



DR. SARIKA SHETTY
PROFESSOR,
DEPARTMENT OF PERIODONTICS



FACULTY : WORLD YOGA DAY

As a professor in a dental college, I view World Yoga Day as an important occasion to emphasize the connection between mental and physical well-being and dental health. Dentistry is a demanding profession, requiring focus, precision, and stamina, which can be enhanced through regular yoga practice. Yoga helps in managing stress—a major contributor to oral health issues like teeth grinding and periodontal disease—by promoting relaxation and mental clarity. Additionally, it improves posture and flexibility, reducing the risk of musculoskeletal problems common among dental professionals due to prolonged periods of sitting and repetitive motions. For our students, yoga offers a way to build resilience, improve concentration, and cultivate a balanced lifestyle, which is essential for their academic and professional success. On this World Yoga Day, I encourage everyone to integrate yoga into their lives, recognizing its value not just for physical fitness, but for overall wellness, which ultimately enhances our effectiveness as dental professionals.



Dr Aishwarya Patil
Tutor,
Dept of Periodontics



GUEST LECTURE: PROSTHODONTICS



Department of Prosthodontics held a guest lecture by Dr Manish Agrawal on Full mouth rehabilitation on 07/10/2024. Post that there was also a demonstration workshop on facebow



MUHS FOUNDATION DAY



The 26th Foundation Day of the Maharashtra University of Health Sciences (MUHS) was celebrated on June 10, 2024 at MGMDCH. The MUHS flag hoisting ceremony was organised by the NSS unit of MGMDCH. Dr Ravi VK and Dr Vaibhav Thakkar (NSS faculty incharge) were also present during the ceremony



YOGA WORKSHOP



The Yoga centre of MGMDCH held a yoga workshop for students, Interns, PGs, teaching and non teaching staff on the occasion of world yoga day



GUEST LECTURE: GANDHI CENTRE



On 20th June 2024, MGM Dental College and Hospital in association with MGM Gandhi centre invited Dr. Sagar Mundada, M.D. Psychiatrist to speak on Make your mind your superpower. 1st lecture started at 8:45 am where he interacted with teaching staffs and pg students where Dr. Srivalli Natrajan, Dean MGM Dental College and Hospital felicitated Dr. Sagar Mundada before starting the lecture.

In this lecture he gave some stress management advice. 2nd lecture was for 1st year students where he talked about social media addiction and how to deal with it. 3rd lecture was for 3rd year students where Dr. Sagar talked about drug addictions and its harmful effects. 4th lecture was for 2nd year students where he told them how to manage exam stress. After lunch Dr. Sagar continued his 5th lecture for Interns and physiotherapy students. It was an interactive session overall. Most of the students were looking forward to try all the strategies given by Dr. Sagar Mundada.

Session with teaching staff and PG students



CREATIVE BRAINS

In stillness, we find our breath,
A silent path to life renewed,
Where body bends and spirit lifts,
In every pose, a grace imbued. The mind,
once scattered, finds its way,
Through gentle flows and deep
embrace,
A journey inward, soft and true,
Where peace and strength find sacred
space. From sun's first light to evening's
fall,
In every stretch, we stand or kneel,
Yoga whispers, "You are whole,"
In every breath, our hearts can heal. The
mat, a world where worries fade,
A place to simply be, and grow,
In every pose, we learn to trust,
And let our inner wisdom show. So here
we stand, in peace, aligned,
In unity of heart and mind,
Through yoga's grace, we rise and see,
The beauty in our own still sea

—Aqsa Javed
Intern



Artists of MGM



Priyanka, 1st year

Priyanka Padhy
2nd year



Aqsa Javed
Intern



Geeta Singh
2nd Year

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."