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Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

अपनी खबर



World Oral Health Day

March 20th



World Oral Health Day is celebrated annually on March 20th to raise awareness about the importance of oral health and its impact on overall well-being. The theme "A Healthy Mouth is a Healthy Body" emphasizes the crucial connection between oral health and general health. It underscores how maintaining good oral hygiene habits, such as regular brushing, flossing, and dental check-ups, can prevent not only dental problems but also contribute to overall health. The day serves as a global platform to advocate for better oral health practices and encourage individuals to prioritize their oral health for a healthier body.

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DEAN'S DESK: WORLD ORAL HEALTH DAY

As we commemorate World Oral Health Day on March 20th, it is my pleasure to reflect on this year's theme: "A Healthy Mouth is a Healthy Body." This resonates deeply with our mission here at MGM Dental College as we understand the vital connection between oral health and overall well-being.

This theme serves as a poignant reminder of the significant role oral health plays in our lives. Research has consistently shown that maintaining good oral hygiene not only prevents dental issues but also contributes to better systemic health. Poor oral health has been linked to various diseases such as diabetes, cardiovascular diseases, and adverse pregnancy outcomes. Conversely, a healthy mouth can positively impact our overall health and quality of life.

At MGMDCH, we are committed to empowering our community with the knowledge and resources to prioritize oral health. Through our comprehensive educational programs, cutting-edge research endeavors, and community outreach initiatives, we strive to promote preventive care and advocate for equitable access to dental services.

As we observe World Oral Health Day, let us reaffirm our dedication to fostering a culture of oral health awareness and wellness. Together, let us work towards creating healthier smiles and healthier bodies for generations to come.

Wishing you all a happy and healthy World Oral Health Day!



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

SUB-EDITOR'S SAY : WORLD ORAL HEALTH DAY

As we observe World Oral Health Day with the theme "A Healthy Mouth is a Healthy Body," it's imperative to highlight the profound interconnection between oral health and overall well-being. As a periodontist and dental health professionals we understand that a healthy mouth is not only essential for oral functions but also plays a pivotal role in maintaining systemic health.

Research consistently demonstrates the correlation between periodontal health and systemic conditions such as diabetes, cardiovascular diseases, and adverse pregnancy outcomes. This underscores the importance of preventive periodontal care in promoting overall wellness.

On this World Oral Health Day, let's renew our commitment to advocating for comprehensive oral health care. By emphasizing preventive measures, early intervention, and patient education, we can empower individuals to prioritize their oral health, leading to a healthier body and a better quality of life.

Together, let's strive to create a world where every smile reflects not only oral health but also overall well-being.



DR. SARIKA SHETTY
PROFESSOR,
DEPARTMENT OF PERIODONTICS

FACULTY : WORLD ORAL HEALTH DAY

On World Oral Health Day, with the theme "A Healthy Mouth is a Healthy Body," we are reminded of the intricate connection between oral health and overall well-being. As dental professionals, we understand the pivotal role oral health plays in maintaining a healthy body.

From preventing gum disease to reducing the risk of systemic conditions like diabetes and heart disease, prioritizing oral health is paramount. By promoting regular dental check-ups, encouraging proper oral hygiene practices, and advocating for healthy lifestyle choices, we can empower individuals to take control of their oral health and improve their overall quality of life.

Let's use this day as an opportunity to reinforce the importance of preventive dental care and to inspire our community to prioritize their oral health for a healthier future.

Warm regards,
Dr Neha Patil,
Lecturer ,
Dept of OMDR

MAGNUM DAY THREE: INAUGURATION DAY

Magnum 2024 fest was inaugurated in front of the main gate of the hospital by unfurling the banner and a flash mob was conducted by the organizing interns



Blood Donation Drive was organised to motivate the students and faculty to be more empathetic towards the plight of patients



Monthly Highlights

MAGNUM DAY FOUR: BOLLYWOOD DAY



Magnum day four had a theme of dressing up as Bollywood characters. The events of the day included a Treasure Hunt, a poetry and Shayari competition- IZHAAR as well as hook step dance challenge



Monthly Highlights

MAGNUM DAY FIVE: SCIENTIFIC DAY TWO

INTER COLLEGE HACKATHON WITH PILLAI COLLEGE OF ENGINEERING

Magnum Day five was a continuation of the scientific events of the fest season. An inter college Hackathon was organised by the scientific committee. The winners were awarded with a prize money of 10000 ₹



Monthly Highlights

MAGNUM DAY FIVE:SCIENTIFIC DAY TWO

HACKATHON

Event: Green Dentistry Hackathon

Date of event: 04th and 5th March, 2024.

Venue: MGM Dental College and Hospital, Navi Mumbai

Mode: Offline

No. of Participants: Faculty: 29

Students: 56

Problem statement:-

Dentistry generated waste management. - 09

Aerosol management in a dental clinic. - 05

Jury members:

Dr. Vinothkannan Ravichandran

Mr. Samrat Singh

Dr. Nilaj Deshmukh

Chief guest:

Surgeon Commander (Dr.) Arnab Ghosh

Guest of honor:

Dr. Priam Pillai

Dr. Sandeep Joshi

Invited guests:

Dr. Srivalli Natarajan

Dr. Niharika Swain

Dr. Richa Agarwal

Dr. (Lt.Gen) K.R. Salgotra

Outcome:

Green dentistry hackathon showed interest in ideas and solutions.

Scheduled follow-up for project specifics and collaborations.



Invited guests and jury members.



Exhibition hall.



Evaluation by Jury members



Felicitations of winners by Jury members.

Monthly Highlights

MAGNUM DAY FIVE: SCIENTIFIC DAY TWO HACKATHON PROJECT DISPLAYS



MAGNUM DAY SIX: FANTASY COSPLAY DAY



Magnum day six had a theme of fantasy cosplay. The events of the day were dress up and make up challenge organised by the artville committee. Later that day a dedication event was set up by the cultural committee



Monthly Highlights

INTERNATIONAL WOMENS DAY: YOGA SESSION FOR NON TEACHING STAFF



On the occasion of International Women Day The yoga committee headed by Dr Priyanka Patil organised a yoga session for the non teaching staff of MGMDCH

The yoga instructor was felicitated by the Dean before the start of the event



MAGNUM DAY SEVEN: DEPARTMENT DAY

Magnum day six had the most awaited for event of the year- The department day. All nine departments of the institute participated with enthusiasm and made it a great success. The Department of Oral medicine and Radiology took the prize home



Dept of Oral medicine and Radiology

Monthly Highlights

MAGNUM DAY SEVEN: DEPARTMENT DAY



Dept of conservative
and endodontics :
Shaan and Mika singh



Dept of Oral Surgery:
Balsubramanyam, AR
rehman



Dept of Periodontics:
Sunidhi chauhan



Dept of Oral Pathology:
Arijit singh and Pritam



Dept of Prosthodontics:
Neha kakkar and Baadshah



Dept of Pedodontics:
Alka and udit narayan



Dept of Public Health
Dentistry: Kishore kumar



Dept of Orthodontics: Sonu
nigam and diljit dosanjh

Monthly Highlights

MAGNUM DAY SEVEN: DEPARTMENT DAY- VALEDICTORIAN CEREMONY



The valedictorian ceremony was held for giving out the trophies to the winners of all events conducted throughout the Magnum 2024 fest

The Interns batch of 2024 were awarded champions of Magnum 2024

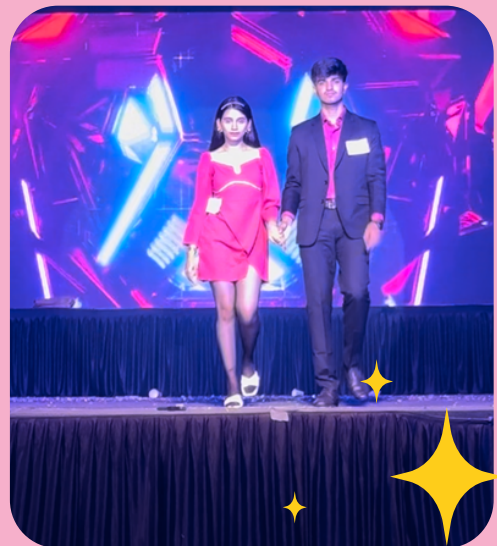


Monthly Highlights

MAGNUM DAY SEVEN: EXTERNAL DAY



The last day of the magnum had an array of cultural events and competitions like solo and group dance as well as the Fashion show which ended with a DJ night to close the Magnum 2024



NO BLEEDING DRIVE

In lieu of the World oral health day on March 20th the ISP in collaboration with all dental institutes around India organised the NO BLEEDING DRIVE.

It was inaugurated by the Dean, Dr Srivalli Natranjan



NO BLEEDING DRIVE



MGMDCH took serious effort to bring awareness to the oral health issues by organising a wide array of educational events like toothpaste distribution, Rangoli and reel competitions with the theme of oral health awareness as well as flash mobs



Monthly Highlights

22nd ISP PRE CONFERENCE WORKSHOP

The 22nd ISP workshop 2024 welcomed guest speakers of the day
DR. VAIBHAV TIWARI and **DR. KAUSTUBH S THAKARE**



the theme being “ Perio Synergy: collaboration for rehabilitation “ taking place at our state-of-the-art skill lab. The topic of the session which includes a lecture,demonstration as well as a hands on was **IMMEDIATE IMPLANT PLACEMENT AND IMMEDIATE LOADING**



GANDHI CENTRE : CROCHET SESSIONS AT THE GANDHI CENTRE



Date: 19th March 2024

Venue: MGM Gandhi centre, Kamothe



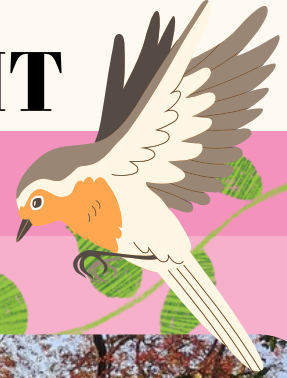
Report on Weaver's Club organized by MGM Gandhi centre
On 19th March, MGM Gandhi centre in association with MGM Dental College and Hospital inaugurated the weaver's club in presence of Dr. Srivalli Natrajan, Dean, MGM Dental College and Hospital and Richa Deokar, Director, MGM Gandhi centre in MGM Gandhi centre. Here Students from Dental College, Physiotherapy college and Management college come together for crocheting session with Richa Deokar ma'am from 3:30pm to 5:30 pm every Tuesday, Wednesday and Thursday.

On the first day Richa Deokar ma'am provided everyone with yarns and hooks and started teaching students from the basics of crocheting till they made it perfectly. She interacted with everyone personally and solved their doubts she also teaches how to make thread in charkas to students who are interested.

This sessions happens every week and students who are interested attend them with enthusiasm.



GANDHI CENTRE : KARNALA BIRD SANCTUARY VISIT



The Gandhi centre organised a Nature Trail to the Karbala national park and bird sanctuary in an effort to make the students more aware of their environment

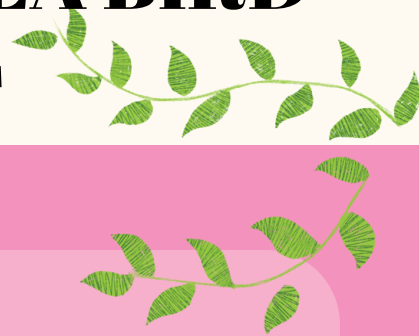


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GUM KARAYA

GANDHI CENTRE : KARNALA BIRD SANCTUARY VISIT



Date: 16th March 2024

Venue: Karnala Bird Sanctuary , Panvel

Report on Nature's trail to Karnala Bird Sanctuary

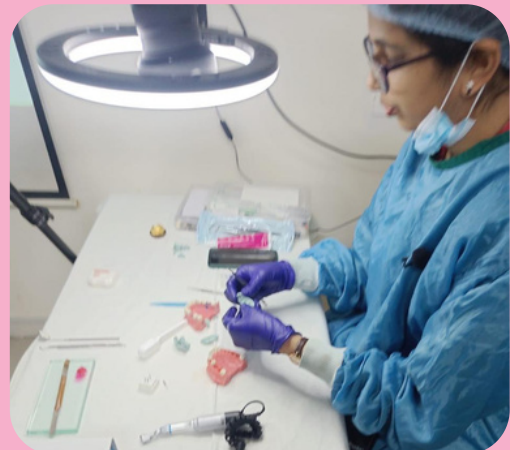
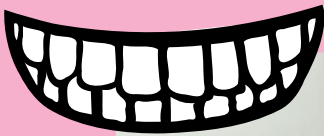
On 16th March , Nature's trail to Karnala Bird Sanctuary was conducted by MGM Gandhi centre in association with MGM Dental College and Hospital . Sudhakar Solomonraj Nature educator and Conservationist was also a part of this trail. At 6am all the students and Dr. Srivalli Natrajan , Dean, MGM Dental College and Hospital and Richa Deokar ,Director, MGM Gandhi centre left for the trail from the MGM campus. Sudhakar Solomonraj sir guided everyone throughout the trail. It was brush with nature – everyone were immediately enveloped in a sense of peace and tranquility. Surrounded by lush greenery and the melodious chirping of birds, all of us felt a deep connection with the natural world around. The serene ambiance allowed everyone to immerse fully in the beauty of the sanctuary, away from the hustle and bustle of daily life. It was a refreshing escape into nature, rejuvenating both mind and spirit. During our visit, we had the privilege of being guided by an expert in the field of botany and wildlife conservation. Sir's profound knowledge and passion for the flora and fauna of Karnala Bird Sanctuary were truly inspiring. He eloquently explained the medicinal importance of various plant species, shedding light on their traditional uses and ecological significance. His guidance enriched our experience, deepening our appreciation for the biodiversity of the sanctuary.

One of the most enlightening aspects of our visit was learning about the concept of forest bathing. Sir introduced us to the practice of Shinrin-yoku, a Japanese tradition that involves immersing oneself in the forest atmosphere to promote mental and physical well-being. As we walked amidst the towering trees and breathed in the fresh, oxygen-rich air, we felt a profound sense of relaxation and rejuvenation. It was a reminder of the restorative power of nature and the importance of nurturing our connection with the natural world. As we traversed the trails of Karnala Bird Sanctuary, we were fascinated by its diverse geophysical characteristics. From dense forests to rocky outcrops, the sanctuary showcased a rich tapestry of landscapes. Sir enlightened us about the geological history of the region, explaining how the unique topography has contributed to the formation of distinct habitats for a wide variety of plant and animal species. It was awe-inspiring to witness the intricate interplay between geology and ecology, underscoring the importance of conservation efforts to protect such precious natural heritage.



PROSTHODONTICS WORKSHOP ON VENEERS AND LAMINATES BY ALUMNI GUEST SPEAKER : DR SAILI SHAH

The Scientific committee and Department of Prosthodontics organised a HANDS ON WORKSHOP on Indirect veneers by Dr. Saili shah (Alumni, MGMDCH) in NGMDCH skills lab on 27th March 2024



Monthly Highlights

NSS ACTIVITIES: ELECTION AWARENESS

MEERA PEHLA VOTE DESH KE LIYE

Date of Event: 11th March, 2024

Venue: APJ Abdul Kalam Auditorium, MGM DCH, Kamothe

Staff Incharges: Dr. Vaibhav Thakkar

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty:1 , Students: 50

"There is no such thing as a vote that doesn't matter". Every single vote, irrespective of the voters age, sex, financial status, caste or creed is valuable.

Voting is not just a right, but a responsibility of every citizen.

Nss Unit of MGM DCH, Navi Mumbai organised a campaign to create awareness about voting and elections amongst the first time voters. Students and volunteers who will be casting their first vote this year gathered in the auditorium on 11th of March, 2024 at 2.00 pm along with staff Incharge Dr. Vaibhav Thakkar.

Students were taught about the importance of casting a vote through interactive songs and videos. The students were made aware of how every vote is important in keeping the country's democracy stable and functioning. The volunteers and students then took an oath to cast their vote in a just and unbiased manner.

The students left with a sense of responsibility towards the nation and vowed to be an active member of the society by casting their vote.



VOTE

AWARDS AND ACHIEVEMENTS



Dr Aishwarya Patil and Dr Sarika Shetty were officially invited to be a Distinguished Speaker at the "4th International Conference on Future of Preventive Medicine and Public Health(Future of PMPH 2024)" on March 18-19, 2024 Amsterdam, Netherlands.



on their abstract entitled "Comparative Evaluation of the Inhibitory Effect of Lactobacillus rhamnosus on Halitosis-Causing Bact".



CREATIVE BRAINS

In Gaza's heart, injustice cries,
Where skies weep tears, where hope defies.
In shadows cast by walls of hate,
The souls of innocents meet their fate.

Beneath the rubble, their dreams are crushed,
As cries for peace are fiercely hushed.
Children play in fear's cruel embrace,
Their laughter drowned by bombs' disgrace.

In Gaza's streets, the brave will forever stand,
With hearts of fire, they make their stand.
Against the tide of endless strife,
They cling to faith, they cling to life.

But in the darkness, light persists,
In every soul that still resists.
For justice blooms in hearts that dare,
To dream of peace and a world that cares.

So let us stand, with freedom's cry,
And lift our voices to the sky.
For in our unity, we'll find,
The strength to heal, and ties that bind.

-anonymous

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."