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Mahatma Gandhi Mission's Dental College and Hospital

KAMOTHE, NAVI MUMBAI.

अपनी खबर

WORLD **NO** TOBACCO DAY



World No Tobacco Day is observed annually on May 31st to raise awareness about the harmful effects of tobacco use and to advocate for effective policies to reduce tobacco consumption. The 2020 theme, "Protecting children from tobacco industry interference," highlighted the industry's manipulative tactics aimed at attracting youth to tobacco products. The campaign focused on exposing these strategies, such as targeted advertising, flavored products, and sponsorship of youth events, and called for stricter regulations to safeguard children. The goal was to create a healthier, tobacco-free generation by preventing the initiation of smoking and other forms of tobacco use among young people.

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DEAN'S DESK: WORLD NO TOBACCO DAY



World No Tobacco Day, celebrated annually on May 31st, is an essential event dedicated to increasing awareness about the devastating effects of tobacco use and promoting policies to curb its consumption.

As a physician, I cannot stress enough the importance of this year's theme, "Protecting children from tobacco industry interference." The tobacco industry employs insidious tactics to lure young people into smoking and using other tobacco products. These include enticing advertisements, flavored products designed to appeal to children, and sponsorships of events that attract youth. Our role as healthcare providers is critical in countering these efforts. We must advocate for stronger regulations to shield children from these marketing strategies and educate both parents and children about the dangers of tobacco. By doing so, we aim to foster a healthier future generation, free from the grip of tobacco addiction. Our commitment to this cause is vital in preventing the onset of smoking and ensuring a healthier society overall.



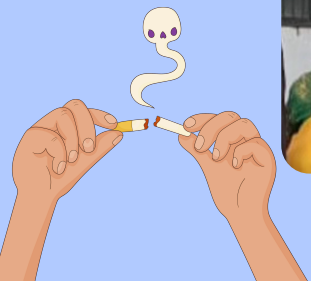
DR. SRIVALLI NATARAJAN
DEAN, MGMDCH
HOD, ORAL AND MAXILLOFACIAL
SURGERY DEPARTMENT

SUB-EDITOR'S SAY : WORLD NO TOBACCO DAY

As a periodontist, I am deeply concerned about the impact of tobacco use on oral health, particularly among our youth. World No Tobacco Day, observed on May 31st each year, is a crucial initiative to raise awareness about the dangers of tobacco and to promote effective policies to combat its use. This year's theme, "Protecting children from tobacco industry interference," is especially pertinent. The tobacco industry employs manipulative tactics to attract young people, including targeted advertising, appealing flavored products, and sponsorship of youth events. These strategies not only lure children into initiating tobacco use but also expose them to severe oral health risks such as gum disease, tooth decay, and even oral cancer. As healthcare providers, it is our responsibility to advocate for stronger regulations that protect children from these deceptive marketing practices. By educating parents and children about the severe oral and overall health consequences of tobacco use, we can help prevent the initiation of smoking and other tobacco habits. Our commitment to this cause is essential in ensuring a healthier, tobacco-free future for our youth.



DR. SARIKA SHETTY
PROFESSOR,
DEPARTMENT OF PERIODONTICS



FACULTY : WORLD NO TOBACCO DAY

As a physician, I am acutely aware of the harmful effects of tobacco on health, particularly among young people. World No Tobacco Day, observed on May 31st, serves as a vital platform to highlight these dangers and advocate for robust policies to reduce tobacco use. The theme for this year, "Protecting children from tobacco industry interference," underscores the urgent need to shield our youth from the manipulative tactics employed by the tobacco industry. These tactics include targeted advertising, flavored products designed to appeal to children, and sponsorships of events that draw young audiences. Such strategies are not just unethical; they pose a significant risk to the health of our children, increasing their chances of developing serious health issues like respiratory diseases, cardiovascular problems, and various cancers. As healthcare providers, our role is critical in combating these influences. We must advocate for stricter regulations to prevent the tobacco industry from targeting children and work tirelessly to educate families about the risks associated with tobacco use. By doing so, we can help foster a healthier, tobacco-free future for the next generation. Our collective efforts are essential in preventing the onset of tobacco addiction and promoting overall health and well-being.



Dr Aishwarya Patil
Tutor,
Dept of Periodontics



GANDHI CENTRE: GUEST LECTURE BY HEATHER CUMMING



On 3rd May 2024, MGM Dental College and Hospital in association with MGM Gandhi centre organised a session by Heather Cornie Cumming on Peace and Community Development. Heather Cumming is a social worker based in African Countries of Zambia and Sierra Leone. She explained the importance of peace to 1st year and 2nd year Dental students.

Monthly Highlights



DIGITAL ART WORKSHOP



The Artville and Literary Committee organised a digital art workshop which was conducted by MGM dental College intern Aqsa Javed. This workshop was carried on 15th May 2024 from 3pm to 4pm . In this workshop digital method of presenting art with help of various applications, tools and AI was taught. It also included editing techniques for online posters and art. Participants were first taught to use Canva App and various tricks and tips were given to improve the ways a poster can be made. Lastly Aqsa demonstrated step by step how to use sketchbook app to make digital arts. Everyone were asked to follow the steps simultaneously. Everyone were asked to make one poster on " SAY NO TO TOBACCO "at the end of the session. Around 30 participants attended the workshop.



Monthly Highlights

Establishment of Musical band: CHOIR32

The Musical committee of MGMDCH : Musical Strings inaugurated their band consisting of MGMDCH students from all years who are also singers and varied instrument players . The band is named CHOIR32 and regularly uploads their music videos on social media sites like Instagram and YouTube



Monthly Highlights

WORLD NO TOBACCO DAY CELEBRATION

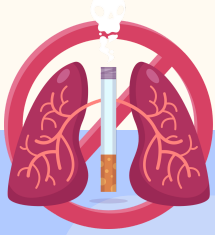
DAY 1: PANVEL BUS DEPOT



The NSS Unit of MGMDCH, Navi Mumbai in association with Department of Public Health Dentistry, College Working Committee (CWC) & Tobacco Cessation Centre (TCC) conducted a rally for 'WORLD NO TOBACCO DAY' on 31st May & 1st June, 2024 that aims to educate and sensitise citizens against the ill effects of tobacco.

Students, volunteers and Staff incharges gathered at Panvel bus stop at 9:30 AM. Rally aiming to educate people about harmful effects of tobacco was conducted. Pamphlets were distributed to the public present there and passengers.



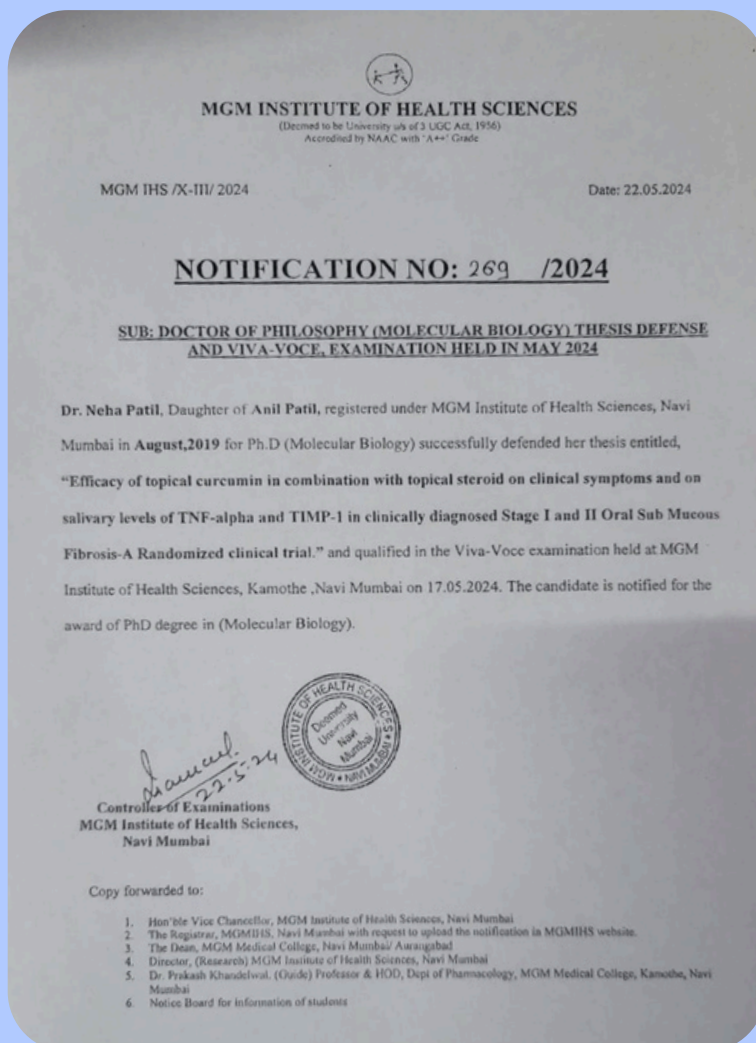
WORLD NO TOBACCO DAY CELEBRATION**DAY 2: SANGURLI VILLAGE**

On Day 2, participants along with staff incharges visited Sangurli village by MGM bus at 9:30 AM. Rally was conducted followed by distribution of pamphlets to villagers.

Volunteers went every doorsteps to educate people about the need to stop tobacco consumption.

The event concluded with the distribution of refreshments to the participants.

AWARDS AND ACHIEVEMENTS

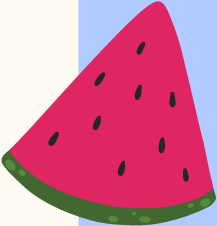


Dr Neha Patil was awarded a PHD degree in Molecular biology by MUHS after she successfully defended her thesis entitled, "Efficacy of topical curcumin in combination with topical steroid on clinical symptoms and on salivary levels of TNF-alpha and TIMP-1 in clinically diagnosed Stage I and II Oral Sub Mucous Fibrosis-A Randomized clinical trial."

CREATIVE BRAINS



Beneath the sun's warm, golden glow,
Where gentle waves in rhythm flow,
The summer beach, a lively place,
A haven filled with joy and grace.
Children's laughter fills the air,
As kites soar high without a care,
Sandcastles rise, proud and grand,
Built by many a tiny hand.
Seashells glisten in the sand,
Treasures found and wonders planned,
Surfboards ride the ocean's crest,
Adventurous hearts in a playful quest.
Soft whispers of the ocean breeze,
Through swaying palms and dancing trees,
Cool the skin, a sweet caress,
In this realm of purest bliss.
With sunsets painting skies in gold,
Stories of the day are told,
Summer beach, where fun runs free,
A perfect place for you and me.



Summer

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."