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

अपनी खबर

Theme: International Women's day

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This month, we proudly dedicate our cover to the spirit of International Women's Day—a celebration of courage, contribution, and change. At MGMDCH, women don't just learn, they lead. From the lecture halls to the clinics, from research desks to the operating rooms, our community is shaped and strengthened by women who choose excellence, every single day. In a profession where compassion meets precision, our female faculty, students, researchers, and clinicians are not only breaking barriers—they're building legacies. This edition celebrates their journeys, shares their stories, and reminds us all that empowerment is not a destination, but a collective momentum.

With the theme "Empowering Change: Women in Dentistry," we reflect on the progress we've made, acknowledge the challenges that remain, and pledge to foster an environment where every voice is heard, every dream is nurtured, and every woman is celebrated.

Here's to women—past, present, and future—who make dentistry not only a profession but a powerful force of healing, advocacy, and transformation.



Dean's desk : International Women's day

Dear Readers,

As we celebrate International Women's Day, I am filled with immense pride and gratitude to address you as the Dean of our esteemed institution and the Editor-in-Chief of this monthly newsletter. This day holds a special significance not just globally but also within our college, where women form the heartbeat of our academic and professional community.

Our college thrives because of the dedication, passion, and resilience of women—students, faculty, and staff—who contribute tirelessly to the growth of the dental profession. As a woman leading this institution, I see daily examples of strength, innovation, and compassion. Whether it's a student mastering a complex clinical technique, a professor pushing the boundaries of research, or a staff member ensuring our campus runs smoothly, each of you embodies the spirit of empowerment.

This month's theme, "Empowering Change : Women in Dentistry," resonates with our journey. Let us not only celebrate our achievements but also reflect on the challenges we continue to overcome. Together, we must strive for greater equality, support one another, and inspire future generations of women in healthcare.

Let us be reminded today that every small step we take towards uplifting ourselves and each other counts. Let us celebrate being women—bold, resilient, and unstoppable.



DR. SRIVALLI NATARAJAN,
DEAN MGMDCH,
HOD- DEPARTMENT OF ORAL AND
MAXILLOFACIAL SURGERY₂

Subeditor's say: International Women's day

Dear Readers,

On the occasion of International Women's Day, I feel honored to share a few thoughts with you as the Editor of our newsletter. This day holds special significance within our college, where women form the backbone of our academic and professional community. Our journey as women in dentistry is marked by dedication, resilience, and an unwavering commitment to excellence. As I look around our institution, I am inspired by the passion and determination exhibited by our students, faculty, and staff—most of whom are remarkable women. Your collective efforts are not only shaping your own futures but also making a profound impact on the world of oral healthcare.

This year's theme, "Empowering Change: Women in Dentistry," reminds us of our responsibility to foster an environment where every woman feels valued, supported, and encouraged to dream big. Let us continue to uplift one another, break barriers, and strive for excellence both academically and professionally. On this International Women's Day, let's celebrate our achievements, acknowledge our struggles, and most importantly, keep pushing forward—together.



DR. SARIKA SHETTY
PROFESSOR, DEPARTMENT OF
PERIODONTICS

Faculty's say: International Women's day

Dear Readers,

On the occasion of International Women's Day, I take this moment to extend my heartfelt appreciation and admiration for the women who are the driving force of our dental college. I feel privileged to work alongside such talented, passionate, and resilient women—be it students, colleagues, or staff. Dentistry, like many fields, has seen an inspiring transformation thanks to the increasing presence and leadership of women. In our institution, this progress is not just evident—it is celebrated. From classrooms to clinics, research labs to leadership roles, women here embody dedication, strength, and grace. This year's theme, “Empowering Change: Women in Dentistry,” reminds us that empowerment is not a solo journey—it is a collective effort. As men, we have the responsibility to be active allies in this journey. True progress lies in standing together, supporting each other, and ensuring equal opportunities for growth, leadership, and innovation. To all the women shaping the future of dentistry—thank you for inspiring us every day. Here's to your continued success and the change you bring.



DR. NITESH PATKAR
LECTURER, DEPARTMENT OF ORAL AND
MAXILLOFACIAL SURGERY

International women's day

Programs all over the week

10th march

Session on stress awareness

11th march

Disconnect to reconnect,
digital detox

12th march

Naturally sweet day,
ditch sugar

13th march

Nourish to flourish

14th march

Morning yoga session
Venue : Yog Vartika

Women's Day celebration

Theme : For all Women and Girls: Right, Equality and Empowerment.

Participants – Female Teaching and Non-Teaching Staff and female students of 4th year regular batch

Date- 10th March 2025 to 15th March 2025

MGM Dental College and Hospital organized “The Women's Day Celebration Week” to promote awareness about women's rights, equality, empowerment and overall well being through various activities that encourage a healthy and balanced lifestyle. The event spanned five days, each dedicated to a specific theme contributing to the well-being of women and girls.

***“Move More, Sip More, Stay Hydrated and Active”
Initiative during Women’s Day Celebration Week***

As part of the Women’s Day celebration week, our MGM Dental College and Hospital launched the “Move More, Sip More” initiative from March 10th to 15th, encouraging everyone to stay hydrated and active. Every hour, a buzzer rang as a reminder to take a sip of water and go for a short walk. This simple yet effective practice helped promote better hydration, improved focus, and overall well-being. The initiative was well received, highlighting the importance of small, healthy habits in daily life. It served as a great reminder that taking care of our bodies is essential



Women's Day celebration

Day 1: Session on Self Awareness and Stress Management, 10th March 2025

The celebration began with an interactive session on self-awareness and stress management by a professional clinical psychologist, Sonali Gujarathi. The session aims to promote well-being, self-reflection, personal growth and stress management techniques. Attendees participated in activities and relaxation exercises. The session helped them understand ways to reduce daily stress and improve mental health. Dr. Srivalli Natarajan, Dean, M.G.M Dental College & Hospital felicitated Ms Sonali Gujarathi with the certificate.



Women's Day celebration

Day 2: Disconnect to Reconnect, A Digital Detox, 11th March 2025

This day was dedicated for “less screen time and maximum use of stairs”. During the day female

Staff and students were encouraged and reminded to reduce the use of digital devices and were emphasised to use stairs instead of elevators.



Day 3: Naturally Sweet Day, Ditch the Sugar, 12th March 2025

This day was dedicated to avoid processed sugar, promoting healthier choices and raising awareness about the effects of excessive sugar consumption. Participants realized the importance of mindful eating and encouraged to take a small step towards healthier lifestyle.



Women's Day celebration



Day 4: Nourish to Flourish, 13th March 2025

Series of activities were planned to celebrate this day like:

- “Golden hour stroll : A walkathon was arranged around the ground in the morning and a refreshing juice was served after the walk.
- Get together was arranged for the participants for healthy snacks, fun filled Games and housie.

FACULTY DEVELOPMENT PROGRAM

Course Name: Educational Methods and Technology in Health Sciences

Conducted Date:

Online: 13th, 15th, 17th, 21st, 24th, & 27th Feb 2025

Offline: 3rd, 4th & 5th Mar 2025

Department: HSET Cell Resource Person: Dr. Shailesh Lele, Dr. Gauri Lele

Participant Group and Total Attendees: 27 Faculty

The Faculty Development Program (FDP) on “Educational Methods and Technology in Health Sciences” aimed to enhance the pedagogical and technological competencies of health science faculty. This comprehensive program combined both online and offline learning modes from 13th February 2025 to 5th March 2025 spread over 42 hours and focused on three main areas: developing learning objectives based on Bloom's Taxonomy across cognitive, affective, and psychomotor domains, exploring innovative teaching- learning methods, and improving assessment techniques. Each session was followed by continuous assessment and feedback to ensure the participants could implement these strategies in their own classrooms. A key feature of the program was the inclusion of microteaching sessions, where each faculty member applied the learned concepts in real-time, receiving direct feedback for improvement.

PROGRAM OBJECTIVES

- To develop faculty members' skills in creating learning objectives based on the cognitive, affective, and psychomotor domains using Bloom's Taxonomy.
- To explore effective teaching-learning methods that incorporate modern educational technologies.
- To enhance faculty members' abilities to design appropriate assessments for their students.
- To provide faculty with opportunities for hands-on practice through microteaching sessions, allowing for personalized feedback and improvement.



FACULTY DEVELOPMENT PROGRAM



PROGRAM STRUCTURE AND CONTENT

Forming Learning Objectives Based on Bloom's Taxonomy, One of the core sessions of the program focused on the three domains of learning—cognitive, affective, and psychomotor—and how to write specific learning objectives for each, utilizing Bloom's Taxonomy.

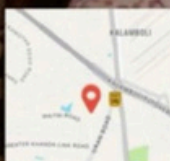
Cognitive Domain (Knowledge and intellectual skills): This domain involves skills such as remembering, understanding, applying, analyzing, synthesizing, and evaluating information.

Example:

Basic Level: Recall the names and functions of the major human organs.

Intermediate Level: Analyze the role of the respiratory system in maintaining homeostasis.

Advanced Level: Evaluate the effectiveness of different interventions in managing chronic respiratory diseases.



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FACULTY DEVELOPMENT PROGRAM

Affective Domain (Attitudes and values): This domain targets emotional development, values, and attitudes, crucial for patient-centered care.

Example:

Basic Level: Identify the ethical principles in healthcare.

Intermediate Level: Demonstrate sensitivity to cultural differences in patient care.

Advanced Level: Appraise the ethical dilemmas faced by healthcare professionals in complex clinical situations.

Psychomotor Domain (Physical skills): In health sciences, psychomotor skills involve manual or physical activities such as clinical procedures.

Example:

Basic Level: Perform a basic physical examination of a patient.

Intermediate Level: Demonstrate how to perform CPR according to current guidelines.

Advanced Level: Perform a detailed clinical assessment, incorporating history-taking and physical exam skills.

Each faculty member was tasked with creating learning objectives for their own discipline and receiving feedback on their work. Continuous assessments were conducted after this session, with each participant evaluated on their ability to design objectives based on different levels of Bloom's Taxonomy for each domain. Teaching And Learning Methods In Health Sciences This session focused on modern and student-centered teaching learning methods that facilitate engagement and enhance knowledge retention. Key methods discussed included: Active Learning: Techniques such as problem-based learning (PBL), case-based learning (CBL), and flipped classrooms were covered. These methods encourage students to take an active role in their learning, promoting deeper understanding and critical thinking.

Collaborative Learning: Group discussions, team-based learning, and peer feedback were emphasized to foster collaborative problem-solving and knowledge sharing.

Reflective learning: Significance of reflective learning and its practical implications were highlighted to promote deeper understanding, critically analyse the experiences and identify the areas of growth After the session, faculty members were assessed on their ability to incorporate active learning techniques into a lesson plan for their courses. Peer reviews and self-assessments were used to evaluate the integration of these methods.

Assessment Methods and Techniques

The session on assessment methods aimed at improving faculty understanding of how to design effective assessments aligned with the learning objectives. The session covered:

■ **Formative Assessments:** Regular quizzes, assignments, and peer reviews designed to provide ongoing feedback and measure students' progress.

■ **Summative Assessments:** End-of-term evaluations, written exams, OSCEs (Objective Structured Clinical Examinations), and practical assessments designed to measure overall student learning.

■ **Continuous Assessment:** Assessment tool for their specific courses (e.g., quiz, written exam, or practical assessment).

FACULTY DEVELOPMENT PROGRAM



Microteaching Sessions

A key feature of this program was the microteaching session, where each faculty member conducted a short teaching demonstration using the methods and techniques they learned. This allowed for real-time feedback from peers and facilitators. Participants were assessed on: The clarity and effectiveness of their teaching.

The use of learning objectives and alignment with the three domains :

- The integration of teaching methods and technology.
- The design of appropriate assessments during their microteaching sessions.

After each microteaching session, faculty members received individual feedback, followed by peer evaluations to encourage mutual learning and improvement.

FEEDBACK AND ANALYSIS

At the end of each session, continuous feedback was gathered through:

- Online Surveys: Participants provided feedback on each session's content, teaching methods, and overall effectiveness.
- Anonymous Questionnaires: Ensured honest and constructive feedback from participants.
- Peer and Self-Evaluations: After microteaching sessions, both faculty and peers evaluated the session, providing detailed feedback on areas of strength and areas for improvement.

OUTCOMES AND EVALUATION

- Improved Learning Objective Design: Faculty members were able to design clear, measurable learning objectives using Bloom's Taxonomy, aligning them with cognitive, affective, and psychomotor domains.
- Active Learning Implementation: Participants felt confident in applying active learning strategies, to engage students more effectively.
- Enhanced Assessment Techniques: Faculty members demonstrated a better understanding of different assessment methods and were able to design appropriate assessments aligned with the learning objectives.
- Microteaching Success: The microteaching sessions were successful in providing a hands-on, practical experience where faculty received actionable feedback for improvement.

Course on Advanced Cardiovascular Life Support (ACLS)



MGM Dental College and Hospital and Association with the MGM skills lab organised a ‘Advanced Cardiovascular Life Support provider” course for the postgraduate students from the departments of Periodontics , Prosthodontics and Oral and Maxillofacial surgery on 7th and 8th March which was conducted by Dr Vishwas Sathe

National oral oncology conclave



The department of Oral and Maxillofacial surgery organised the conference titled 'National oral oncology conclave' on 27th March 2025 at Dr APJ Abdul Kalam Auditorium. The conference comprised of guest lectures, video presentations, interactive case discussions in imaging, diagnosis, pathology and Head and neck surgery, Reconstruction and Maxillofacial prosthodontics rehabilitations from speakers of Tata Memorial Hospital, Parel and ACTREC, Kharghar



White coat ceremony for III BDS students



White coat ceremony was conducted for the III BDS regular and odd batch to mark their official transition from pre-clinic to clinics. The ceremony began by students being presented with the white coat by senior faculty members and HODs, followed by pledge taking ceremony. It was followed by insightful and educational lectures by various faculty members of The college



Intern's Orientation



As the new batch of Interns joined the college, commencing their last year at the college , an orientation session was conducted to orient them to working staff of the hospital, their responsibilities, rules and regulations and the things which are expected of them



Radiology Field Visit



Department of Oral Medicine and radiology in coordination with department of Radio diagnosis, MGM Medical college organised a radiology field visit with Dr. Priyanka Tikde as the coordinator for the interns posted in the department. The visit focused on an introduction to advanced imaging and the amazing technology to make the invisible visible.



Faculty development program on e-content development: 'Teaching in digital age'



Internal Quality Assurance cell (IQAC), MGM Dental College and Hospital in Association with the HSET cell and media lab organised a faculty development programme on E-content development: teaching in digital age, by Dr Avinash Narayankar. The workshop took place at the Skills lab, MGMDCH from 9th march to 22nd march.



Navi Mumbai, Maharashtra, India

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Visit to NASEOH's National Center for the Handicapped Chembur



Visit to NASEOH's by Dr. Shirang and Dr. Harsh Sachdev accompanied with
Interns :

**Dental health check-ups and referrals to MGM Dental College and
Hospital was done for Handicapped in order to improve the
quality of life. It was an overwhelming experience!**



ACTREC Internship Flagged off

ACTERAC TATA Memorial centre : Cancer treatment centre in Kharghar .



**MGM Dental college and Hospital has initiated an internship program with
ACTERAC , TATA MEMORIAL CENTRE**

**Interns from MGM Dental College and Hospital are daily posted there in Dental
OPDs and Head and Neck Surgical Department .**

**Interns gets an immense opportunity to learn about Pre & Post
Radiation dental evaluation , Patient management with reduced
mouth opening , Surgical treatment plans and many other aspects of
patient management .**

Feedback from Interns

ACTERAC TATA Memorial centre : Cancer treatment centre in Kharghar .

Ma'am today we were in the Dental OPD . Where dental opinion and dental treatment before chemotherapy were done. We get to see clinically how chemotherapy and drugs actually affect the oral cavity. We also got the experience about what extra precautions we have to take (while taking impressions, scaling, extractions) for patients who have undergone surgical treatment .

Sir today is our first day in dental opd at ACTREC .we observed variety of patients like osteoradionecrosis, pre radiation check up, overdenture , extractions . Many of these patients have reduced mouth opening and nasogastric tube and it's a challenge for a dentist to operate such patients. We appreciated the opportunity to observe in procedures like pre-radiation dental evaluations, management of prosthetic rehabilitation in cancer patients. The posting was a valuable learning experience that strengthened our professional outlook. We are grateful for the opportunity that college has given us.

Moderately differentiated Squamous cell carcinoma, Thyroid Adenocarcinoma , Verrucous Carcinoma, Mucoepidermoid carcinoma

Most patients presented with squamous cell carcinoma,with a chief complaint of a non healing ulcer either on the tongue or floor of the mouth.

The treatment plan included palliative Care.Many patients were severely medically compromised hence a surgical approach was out of question until they were deemed fit. The patients presenting with cancer belonged to all age groups but many patients were between 30-40 yrs of age which implies that cancer is rising in young adults as well. Despite the treatment available for cancer it was my observation that it still severely affects the person's lifestyle.All of this can be prevented just by abstaining from all sorts of addictions.It made us realize it's imperative that we focus on helping people to refrain from any deleterious habits , something which is very much in our capacity as dentists.

Dental camp at PALI

Dental clinic at Balladeshwar Temple at Pali



Treatment Camp at well set up Dental clinic at Balladeshwar temple , which is been looked after by the Temple's Maharaj .

Dr. Swati from PHD department along with 2 Interns visited there and got an opportunity to perform treatments such as Extractions, Restorations , taking RVGs , Scalings , etc



Primary Health care at Wavanje visit



Final year students of MGM Dental college and Hospital along with Dr. Swati from PHD Department visited Primary Health Care (PHC) at Wavanje .

Oral Health check ups , Awareness regarding importance of Oral hygiene and effects of deleterious habits such as Tobacco or Alcohol consumption took place.

Awards and Achievements



Siddhi solanki from II BDS bagged 2nd place in women's singles at the badminton tournament organised by K.J Soumaya Medical College conducted on 16th and 17th march. 2025.



The team from MGM Dental College and Hospital was the runner up in the cricket tournament organised by Bharti Vidyapeeth Medical College as Incisor Premier League which was conducted on 19th 26 march 2025

Quotes of the Month

"I am not free while any woman is unfree,
even when her shackles are very different
from my own."

— Audre Lorde

"Feminism is for everybody."

— bell hooks

"Extremists have shown what frightens them
most: a girl with a book."

— Malala Yousafzai