

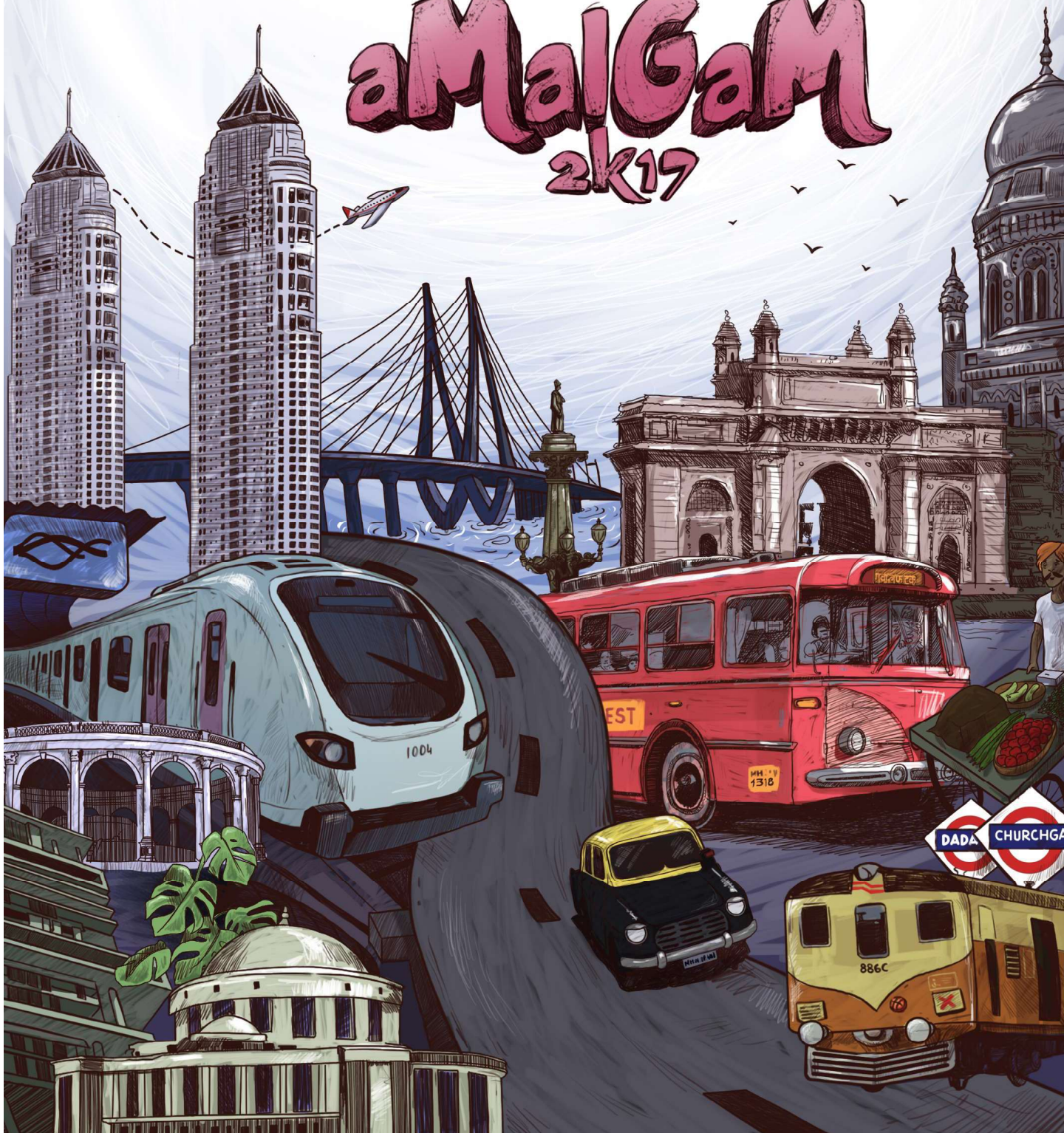


MGM Dental College and Hospital Navi Mumbai

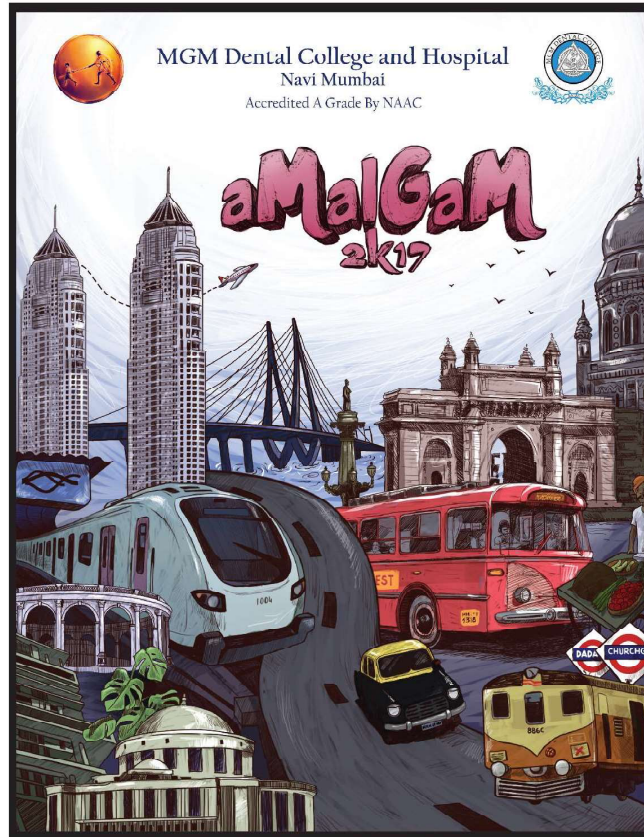
Accredited A Grade By NAAC



aMaIGaM 2K17



Mumbai meets Bombay - A mosaic of dreams...



Every city sends a message if only you listen carefully. And the message that Mumbai sends is that, dreams do come true. It is this message that inspires the struggle, the persistence, the style, the smile, the jealousy and the pride. The city that cradles the actor's addiction and the beggar's hunger alike. The city where people discover the worst and the best version of themselves.

The ever-changing city. From the kaali peeli to Olas, from the kolis to Kohli fans, from the double deckers to the metros, and from the Regal cinemas to PVR. The city is changing constantly and yet retains its magic.

The cover page is a dedication to the spirit of Mumbai. The city that never sleeps. The city of Lights!

MGM Dental College and Hospital

Navi Mumbai

Accredited 'A Grade' by NAAC

VISION

Creating dental health professionals embodied with the light of knowledge and spirit of compassion.

MISSION

- Equipping future dentists with comprehensive skill sets & expertise.
- Raising the standards of dental health education by imparting extra-mural education under the mentorship of leading academicians.
- Addressing patient concerns empathetically & adopting patient centric treatment approaches.
- Encouraging research in newer areas of dental science & teaching methodology for the benefit of population at large
- Enhancing awareness o moral and ethical values among dental health professionals with a commitment towards community dental care.
- Laying the foundations (stepping stones) for future leaders in the field.

Local Governing Council



Shri. Kamal Kishor Kadam
M. Tech. IIT (BOM)
Chairperson



Dr. P. M. Jadhav
FRCP
Secretary's Nominee



Dr. Seema Anjenaya
Management Nominee



Dr. Srivalli Natarajan
Elected Teacher of Institution



Cdr. (Retd.) Balbir Singh
Elected Non-Teaching Employee of Institution



Dr. S. N. Kadam
FRCP
Secretary's Nominee



Dr. N. N. Kadam
Management Nominee



Dr. Vanitha Shenoy
Elected Teacher of Institution



Dr. Jyoti Nadgere
Elected Teacher of Institution



Dr. Sabita M. Ram
Principal Member Secretary

Trustees' Message



Shree Kamal Kishor Kadam



Dr. Sudhir Kadam



Dr. Nitin Kadam

I am delighted to note that the dental college students have come out yet again with their annual college magazine Amalgam. I am always impressed with their magazine and always in awe of the talent within the students. Their literary genius is showcased brilliantly every year and it gives them an opportunity to vent their extracurricular qualities.

The dental college is on a higher league now with achieving their NAAC status and impresses upon them an additional responsibility of being an Alma mater of excellence. As part of the management we are always keen to work with motivated faculty and students and encourage them to achieve higher levels of excellence.

I take this opportunity to wish both the staff and students an excellent and fruitful year ahead and an exciting launch of Amalgam 2k17.

- Dr. Sudhir Kadam

Dean's Message



Dr. Sabita M. Ram

The six years in this institution have been gratifying, exciting and interesting, but the last year has been a landmark year for us. Our institution was the first dental college of the MUHS in Maharashtra to be graded by NAAC with 'A' grade. This was possible only because of the guidance and support of our management – Dr. Sudhir Kadam, Dr. P. M. Jadhav and Dr. Nifin Kadam, we are indebted to them. The staff and students worked tirelessly with unity and dedication to achieve this success, which was a dream fulfilled.

All work and no play make us dull, so a few days are dedicated to enjoyment too. The College Fest is a much awaited event it is by the students, of the students and for the students. Each year they come up with unique ideas, this year it was "Mumbai meets Bombay - A Mosaic of dreams", the MaGnuM 2017 theme. It enlightened the students on the heritage and culture of the great city. We saluted the spirit of Mumbai by felicitating the life line Mumbai, the Motormen, Police, Railway Police, Dabbawala and many more.

The College week was full of fun and frolic where the staff and students enjoyed interacting with each other. It culminated with the final College Day where staff and students showcased their talent and awards for best teacher, best student and best office staff were given away.

Being in College makes us do more and ask for more. We have always believed united we stand, so here we are always a family "The MGM Dental College - a big Happy Family".

All the best.

Administrative Officer's Message



Cdr. (Retd.) I. N. Balbir Singh

Starting my association with MGM Dental College from its inception in A. Y. 2003-04, it has been an honor and matter of pride for me to personally associate with each and every activity, which has made this institution, a premier dental institution in this part of the country. Proof of this is evident from our academic results and awards and distinctions won by our students and staff over the years.

The highest award which was awarded to our institution was by NAAC, wherein we were accredited with 'A' grade with CGPA of 3.15 during the year 2016, I am proud to say that we were the youngest and only dental college in Maharashtra affiliated to MUHS to have received this distinction and honor at that time. We achieved what we wanted by sheer dint of collective involvement and hard work put in by everyone, which could not have been possible without guidance and advice from Dr. P. M. Jadhav, Dr. Sudhir Kadam and Dr. Nitin Kadam who were always available and in touch with us for guidance. Like previous years the college is celebrating its annual fest 2017. I really appreciate the sincere efforts put in by each and every student of our college under the guidance of our Dean Dr. Sabita M. Ram for annual college festival 2017 and college magazine 2017. Magazine committee is burning midnight oil to meet the deadline for its release. I wish them all the best in their endeavor.

I would also like to convey my sincere thanks and best wishes to my Dean, staff and students for their support during my association with the College.

Editor's Message



Yoshita Gowda

"If there is one thing common between the VP of a conglomerate, the army general or the 24 year old whose startup got succeeded, it is their unwavering loyalty to hard work."

One of the most profound truths I have read, is that, in life its is more important to ask the right questions than to find the right answers. I remember asking myself at the beginning of the internship, will I be able to shoulder the responsibility of the college magazine - Amalgam? Will it prove to be a voice of the diverse sections of the college? Will it be a platform for original work? Will it be cherished as a documentation of the many memories people have formed in their college days? This edition of Amalgam is my sincerest attempt at answering these questions.

MGM has taught me many precious lessons. The value of time while mixing a cement, the importance of respecting the seniors in the field. The will to pursue after the 100th teeth arrangement got rejected. But most importantly it has taught me to be more caring and compassionate, of being responsible for someone other than myself. For treating every patient with the dignity he deserves.

I am grateful to the entire magazine committee for always being supportive. For executing the craziest of ideas with a smile. The strangers who offered to help in the most unexpected ways. I am thankful to my co-editor Prerana who stood beside me like a rock. I would like to thank Dr. Richard Pereira for correcting me when I was wrong. And last but not the least I thank Dr. Sabita Ram for teaching the value of perseverance and determination for the wanderer in me.

Co-Editor's Message



Prerana Gaitonde

Friday, 21st September, 2012. I distinctly remember the date as though it was only yesterday. I was finishing my BSc. Chemistry viva. As I was packing up & mentally dreading having to do this for another 3 years, I felt my phone vibrate. "Where have you been? Go to the college office, collect all your documents, I'm picking you up in 10 minutes. You've gotten into MGM!", my mom's voice at the other end said. And thus, my journey into this esteemed institution began.

Had you told me 4 years ago that I would be in charge of Amalgam 2k17, I wouldn't have believed you. But as I took up the responsibility, I learnt long the way how much more there was to it than just editing articles & compiling a magazine. It has been an indubitable privilege to put together with my team, Amalgam 2k17, in sync with our theme this year - 'Mumbai meets Bombay - A Mosaic of Dreams'.

From holding a plethora of meetings for ideas for the magazine, to coming up pragmatic solutions to execute them, to working on a frugal budget, to getting a colossal number of people to pose for a picture, we've done it all. This mammoth task in itself portrays the very essence & spirit of Mumbai-the city that never sleeps.

The unbridled commitment & undetering spirit that the entire magazine committee has shown me is commendable. There have been times when I've had to behave stoic unwillingly or have lost my calm without meaning to & they've beared with it all. Thank you Shalu, Sneha for pushing your limits and giving me the biggest, most intricate matter in a very short time, Fouzia, Niyati, Supriya for being patient with the task allotted to you, Nilam, Komal, Aishwarya for fulfilling all the little last minute demands. I'd like to thank Yoshita for always having my back no matter what. Special thanks to Dr. Richard Pereira for mentoring me and lightening the mood with his jokes every time I was stressed out. Saving the best for the last, I'd like to thank our Dean Maa'm, Dr. Sabita M. Ram for standing by me unwaveringly and guiding us through this and unknowingly encouraging me when I needed it the most.

The Magazine Committee



Dr. Sabita M. Ram
Dean

Dr. Richard Pereira
Magazine Incharge

Dr. Sushma Bapatla
English Language Incharge

Dr. Jyoti Nadgere
Regional Language Incharge

Dr. Naisargi Shah
Regional Language Incharge

Yoshita Gowda
Editor

Prerana Gaitonde
Co-Editor

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Fouzia Shaikh
Shalu Shah
Sneha Musale
Shruti Daptardar
Ayush Jaggi

Regional Language Section

Nilam Thombare
Aishwarya Mahale
Komal Madhwani
Kajal Talele

Photography

Meet Shah
Niyati Patel
Supriya Duduskar

REPORTS

NAAC

SCIENTIFIC

CULTURAL

SOCIAL
EVENTS

SPORTS

NAAC Steering Committee



Dr. Sabita M. Ram
Chairperson

Dr. Srivalli Natarajan
Co-ordinator



Dr. Vanitha Shenoy
Member

Dr. Ravindranath V. K.
Member



Dr. Vineet Kini
Member

Dr. Jyoti Nadgere
Member



Dr. Jigna Pathak
Member

Dr. Ashvini Padhye
Member



NAAC Report

The NAAC journey...

It gives me great pleasure to piece together the NAAC journey so far and what we perceive would be the path ahead. Education is timeless, endless and a dynamic process with continuous self-evaluation and quality improvement as the motive power.

The National assessment and accreditation council (NAAC) as is known is an autonomous institution and a member of repute in the international network on quality assurance in higher education. The NAAC process accredits institutions, based on stringent bench marks of norms, and ensures that they work continuously to retain and improve the same.



Accredited 'A' Grade by NAAC

The MGM dental college embarked on this journey to go through this test of fire in early 2015, submitted the self study report in January 2016, and underwent the peer review process in May 2016. It was a single minded effort punctuated with feverish activity, intense work pressure, uncertainties and frustrations, in which all the departments rose up as one man, and reoriented themselves to fall in line with the NAAC guidelines. The sole aim of the entire exercise was to enable this institution to be seen as a center of excellence with insatiable thirst to self motivate and propel itself forward to higher and higher levels of performance and work culture.



Seeking blessings from Mahatma Gandhi on this important day

It was indeed a team effort, spear headed by our indomitable Dr. P. M. Jadhav sir, the vice president of the MGM trust, who stood shoulder to shoulder with us in each and every step. We were ably supported by our

director Dr. Sudhir Kadam, who has always been the driving orce, other trustees Dr. Nitin Kadam and Dr.U.N. Kadam and the dynamic leader of this entircrew Dr. Sabita Ram, our beloved dean. Every individual has had a role to play in this pursuit. It is a matter of immeasurable delight and pride that the executive committee of the NAAC has rated and placed this college in the "A" grade, meaning very good, with a Cumulative grade point average of 3.15. For a fledgling institution, baptized in the year 2007 and which had the courage and conviction to accept the challenge of getting accredited, as compared to the many giants with long



Portraying MGM's quantum leap in academics

standing records in this country, this is a stupendous hall mark of recognition and a great push forward.

Now where do we get from here? Is it all the success we hope for? No and indeed No!! It is only the beginning of the long and endless road for achieving our professed goal, namely to be in the fore front of the quality excellence circle.

In other words, the college has to consider the present achievement as only a stepping stone towards the set goal.



Mile Sur Mera Tumhara

The only permanent constant in this world is change. The MGM dental college I am sure will not rest satisfied with the present laurels but strive to keep abreast with the global changes, by continuously reviewing the performance, procedures and practices. Objective self- introspection, courage to accept limitations and weaknesses, institution of corrective measures, imbibing healthy practices and fostering a spirit of oneness would be the key inputs in this constant endeavour. The ball has been set tolling and plan are already in the pipeline to meet the same.



Blending technology with education

We can be sure that with the kind of spirit the entire MGM family has demonstrated, the dental college spurred by the NAAC accreditation will reach out to greater heights of performance after such an ambitious start. Nothing succeeds like success and we are convinced that the present will pave the way for many more in future. It was a dream come true which we will cherish forever!!



The Essence of Maharashtra



Students showcasing the great personalities of our diverse nation

- Dr. Srivalli Natarajan.

General Secretary's Message



Balasubramaniam Shanker

With great power comes great responsibility. The post of the General Secretary is something that everyone wishes to attain and I have been one of those lucky few who's been there. It's a huge responsibility because one must know how to balance between the staff and your own batchmates. Ultimately, the show must go on. And you need to make sure that you put up the best show ever.

They say that the General Secretary is the leader, he needs to make sure things get done properly. I, however, felt that all you need is a good team. You needn't always be the authoritative one. All you need to do is be patient and listen to everyone and come up with a unanimous decision. I have had the best team to work with so far.

Right from the start of just initializing with the concept with the help of Dr. Richard Pereira to completing the fest, the whole trip has been a complete roller coaster ride. All this wouldn't have been possible at all without the help of Dean Maam, Dr. Sabita Ram, Dr. Vanitha Shenoy and Dr. Jigna Pathak. I must personally thank Dr. Janaki Iyer, Dr. Vaibhav Thakkar, Dr. Sankalp Bhandarkar and Dr. Divij Joshi for always listening to all my rants and guiding me the right way. Dr. Laresh Mistry was the driving force to make sure that the Sports section went on smoothly.

I wouldn't say that it's very simple to be a part of the organizing committee. You do have times when things just don't seem to right way. However, it's a learning process. You learn to say no, you learn to talk properly. And most important of them all, you learn how to do things the right way. It is a very stressful post, but you eventually learn to cope up.

Remember, 'No matter how bad things get, always stay true to yourself'. Always have your charm. And things will fall in the right place.

Finally, 'Believe in what you want so much that it has no choice to materialize'.

All the best to all my future General Secretaries.

Scientific Secretary's Message



Nikita Ramachandran

Hello everyone.. hope you enjoy our Amalgam 2k17!
I'll keep this message short since you'll be reading the detailed scientific report for this year next and I hope it makes all of you proud, because it surely made us proud to see MGM reach such new heights!

All I want to say to each one of you is keep striving to be better. Sharing and imbibing knowledge is indispensable and there's no better way to do that than by participating in the various scientific events happening in college as well as at the national level. It'll give you a reason to read up more, help you let go of inhibitions of public speaking and give you immense confidence, which will prove to be a boon later in life. Take it from us who have been there and done that. It does not matter if you win, it's the effort that counts.

And trust me, it does not make you any less cooler if you present papers on local and national platforms.

With this, I'll end my monologue and let you guys move on to the more fun sections of the magazine. May your remaining days at MGM be some of the best of your life!
Thank you.

Scientific Report

"If you have knowledge, let others light their candles in it."

- Margaret Fuller

This has always been our motto at MGM Dental College and this year has been no different. It is this aim of our college that makes it unique and one of the best, our quest to incorporate and spread as much knowledge as we can to its patrons, not just through academics but also through other scientific activities throughout the year.

I, Nikita Ramachandran, your Scientific Secretary for this year, proudly present to you, our scientific report for the year 2016-17.



Keeping up with our traditions, lighting the lamp of knowledge



Graced with the presence of our esteemed guest speakers Dr. Prashant Hatkar, Dr. Komal Majumdar and Mr. Tanay Thakkar

Our scientific year began in September 2016 with a Soft skills training program organized for our interns and the first CDE Program conducted by the department of OMDR, followed by various CDE programs throughout the year by all the departments of our college. Students attended all the CDE programs very enthusiastically and learnt new things that have supplemented their knowledge of the subjects. We also had two important workshops for our staff this year - basic workshop in health sciences and education technology and OSCE/OSPE

teaching workshop both of which were greatly beneficial.

An important development this year was the introduction of the Implant course by Nobel Biocare for our students, the first of its kind at MGM, led by our charismatic Dr. Ashvini Padhye and Dr. Aquee Reshamwala and saw great participation from our post graduate students.



Striving to be the best

Also, this year, in honour of our late ex-president, Dr. APJ Abdul Kalam, one of the pioneers for advancement of science and technology in India, we celebrated Abdul Kalam Day on 3rd March wherein the research posters of all our post-graduate students was displayed in the library and students and staff alike went through the posters with great interest.

Saving the best for last, I come to the Scientific Day 2017 of MaGnuM 2k17, held on 31st January. With over 80 papers, 50 posters and 30 table clinics, this



Poster exhibition at MGM Dental College Library on APJ Abdul Kalam Day

year's scientific day saw the greatest participation from students, both on intra and intercollegiate levels. For the first time, we had participants from dental colleges all over Mumbai including Nair, DY Patil, Terna and YMT Dental colleges. We had two guest lectures for the day by esteemed speaker Dr. Prashant Hatkar, who enlightened us with his lecture on 'Seven Secrets to success in Aesthetic Dentistry' and Mr. Tanay Thakkar who spoke on Impression materials and Manufacturing. We also had a one of a kind Hands-on dental materials organized by Prime



Hands-on workshop on lasers by Dr. Sanjay Jain

Dental wherein the students could manipulate the materials and get a feel of them. Paper and Poster sessions were conducted throughout the day in different halls with both internal and external judges presiding over. I am extremely grateful to Dr. Jigna Pathak and our beloved Dean ma'am, who encouraged me every step of the way and gave me the confidence to pull the whole event through. The whole scientific year has been a long ride with a lot of responsibility, which was scary but also lot of fun to handle.

I would once again like to thank everyone who helped make every event a success, helping MGM achieve new heights.



Dr. Jyoti & Dr. Janani judging the table clinic

- Nikita Ramachandran and Najia Najir

Cultural Secretarys' Message



Eesha Mody



Meet Shah

'Cultural secretary for the year 2016 - 2017'

An exciting part of being an intern is to shoulder the responsibility of the patients under you, and a little more closer to home, to shoulder the responsibility of birthing our annual festival Magnum. Little knowing what the post would demand of us, we, Eesha Mody and Meet Shah, were appointed as your Cultural Secretarys for this calendar year.

We started our journey childishly ignorant of what was expected of us and were taken aback by a storm when we started our preliminary preparations. From tirelessly hunting for sponsors to recruiting volunteers to assist us, from coordinating with our teachers to listening to everyone's whims, fancies, opinions and desires for the fest, we were forced to grow up and take command of the ship overnight. A daunting task lay ahead of us, one which we were determined to execute with every ounce of effort we had within us.

Amongst numerous disagreements and differences, we knew we had the best interests at heart. We wanted Magnum '17 to replicate the success of the previous editions and reach beyond and serve as a template for the future editions to come. And we succeeded. The 10 days were a resounding success with everyone taking home a truckload of happiness and memories to cherish.

It would never have been possible to make it what it was without the help of our dean, the staff, the rest of the committee, the interns as well as our juniors, it was a complete team effort.

Our Dean- Dr Ram and the irreplaceable guidance, support and wisdom from the staff Dr Richard, Dr Sankalp, Dr Vaibhav, DrJanaki, Dr Jigna and Dr Laresh, has helped the core team immensely to make Magnum '17 a festival to remember.

Cultural Report

Magnum '17!

This year, we went back, our theme being 'Mumbai meets Bombay - A mosaic of dreams' Right from the fabulous decor, put together by our decor team, headed by Shalu Shah and Madhura Vairagi, to the planning and organisation, every event was very well executed by the core team, and well received by the students and staff who actively took part in all the events.

The decor committee had transformed our college with their creative zest reminding us of what a beautiful city we're all a part of. The entrance of the college looked grand and perfectly depicted the Gateway Of India. The interior corridors were divinely lit up with walls mimicking heritage of Mumbai.



But first, let me take a selfie!



Trying their hand at balancing skill at the fun fair

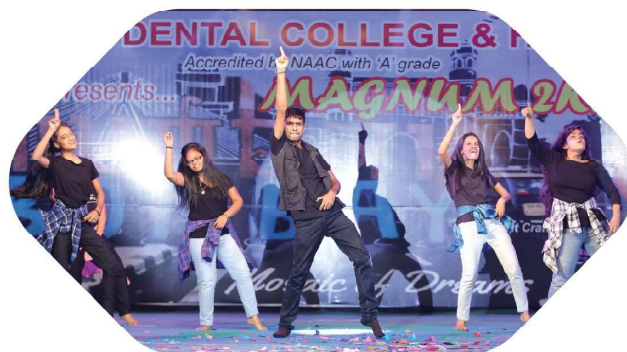
The cultural team comprising Eesha Mody and Meet Shah, with the help from the rest of the committee, working under the guidance of Dr Richard Pereira, Dr Sankalp Bhandarkar, Dr Vaibhav Thakkar, Dr Janaki Iyer and our ever so enthusiastic dean, Dr Sabita Ram and the rest of the interns, helped making Magnum '17, a grand success.

Team names based on the theme were allotted to various years, 1st years being Chattrapati Warriors, 2nd years were Bombay Beats, 3rd years being Palm Beach Riders, final years being Arabian Knights, Inters were Udda Phoenix, staff being Bollywood Badshah, alumni were Victorians and last but not the least the non teaching staff being Mumbai Locals, actively took part in the sports as well as cultural events.

We kickstarted the 11 days of the fest with social awareness events such as Swachh Bharat, Tree Plantation and Blood Donation. The rest of the days were divided in such a way as a new theme each day, like Mawali Day, Character Day, Prom Day, Saree Day, etc. The first week comprised mainly of sports events in addition to other lovely internal events. The last week was dedicated majorly to various cultural events culminating in the main last two cultural nights of the fest.

We had a grand end with the throng dancing through the DJ night.

- Eesha Mody and Meet Shah



A rocking performance

Internal Events

Retro Metro :

This year we had a blockbuster! In place of having the same old traditional day, we came up with something new that would go along with the theme of our fest; since Bombay is where Bollywood is. Every department was given one super star and had to decorate their departments as a movie set and had to dance on all the famous songs of that actor. All the departments gave it their best shot. I hope you'll got your own tickets to watch the show!



Going metro style with Sallu Bhai!

Quiz

Headed by the great Human Encyclopedia, 'Dr. Vineet Kini' , we all realized that we actually know only a fragment of our beloved city, Bombay. The questions were fun and we gained a lot of information. Dr Vineet Kini deserved the standing ovation he got at the end of the event for putting in so much efforts.



Lucky winners of the prestigious na-real awards

Na Real Awards

As the name suggests, this event was held just to begin off the internal events with a zest of fun and enthusiasm. The event had its own sense of humour. Ranging from 'Late Lateef' to 'Teacher's Pet', the event had various categories and was thoroughly entertaining.

Mehendi, Face Painting, Rangoli and Soap Carving :

Each of these events showed us that we aren't only people who can carve wax models or make our wax rims shine, but also that there are creative heads all around. These artists were stupendous and were amazing in each event. They added a beautiful touch to our fest's theme.



A fine art in the making - Rangoli Competition

Crime Scene Investigation

Trust me, this was nothing close to your average CID that you've been watching on television for all these years. Dr. Janaki Iyer brought up amazing cases to solve along with Meet Shah and Yoshita Gowda. The hunt for the clues and evidences finally led us to the criminal in every case. I guess we all have a detective in us.



Chaalo mhare desh khane churma jor garam

Fun Fair

The most awaited event every year. The fun fair was amazing as every year. Different food and game stalls were put up. The energy was soaring high with every minute.

Antakshari

Chalo Khele Antakshari leke Prabhu ka Na-a-ma. Ma. That's how it all started. Each team was amazingly sporty and enthusiastic and came up with amazing songs. The entire hall was singing and no one seemed to get tired at all.

Hogathon

I'm a total foodie!' The tag line we use these days. This event was all about just seeing how much food can one consume in a really short span of time. And the contestants turned out to be actual foodies!

Masterchef

Namak swaad anusaar! This event helped us gobble up all the amazing and interesting food our young dentists cum chefs put up. And the food tasted so good! The presentation itself was a treat to the eyes, let alone the taste.

Mad Ads

We watch movies in theatres and watch a lot of shows over the television. Well this event made showed us that we actually even pay attention to the various commercials that are played in between.



Beoz food is Bae

Stand up Comedy

They say more spontaneous, the better. Well these guys sure showed us how spontaneous they actually are! They were all so funny and charismatic!

Taboo

Get the word right! This event played around all sorts of words just to get that one word right.

Internal Events



Saree day !



Rishtey mein toh hum tunhare baap lagte



Bajirao ne mastani se mohabbat ki hai ayyaishi nahi!



Dancing to the tune of 'Hawan Kareng' at the Fun Fair!



Hudd Hudd Dabangg!



My name is Lakhan

Internal Events



Haarna nahi hai Babita!



Coolie no 1



Didi tera devar deewana



Bijli girane main hoon aayi



**Badi badi deshon mein choti choti
baatien hoti rehti hai Seniorita**



The stars of Retro - Metro Day

Internal Events



The winning talent of face painting



Be who you want! - Character Day!



The intricate art of Mehendi



What good would it do for a fair without fun



Sugar n spice and everything nice



Will you get lucky today?

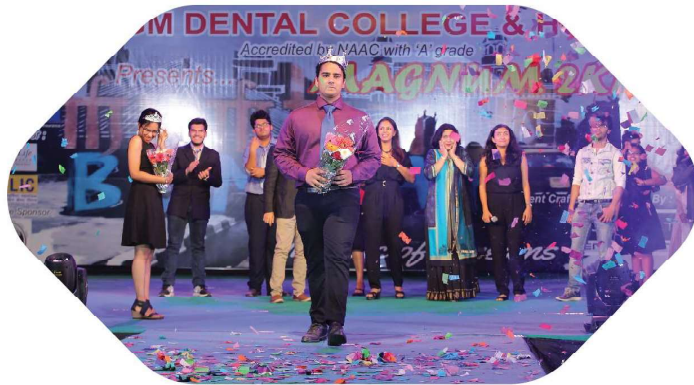
External Events

The inaugural function of Magnum 2k17 motivated us to go back to our Indian roots. We experienced the loud, pompous, mesmerising and joyous beating of the Puneri dhol. The Atmosphere was enchanted on the inauguration day of Magnum 2017. This year we had invited the Dhol-Tasha Pathak (puneri dhol) and the excitement was way beyond limits. This happened for the first time in MGM and this innovative idea filled the air full of life. Puneri dhol is one of the oldest traditions of Maharashtra.



The spirit of Marathi Manos

Women had worn Nauvari saree with turbans (pheta) and men with phetas which is the ethnic dress code for Maharashtrians. The dhol pathak performed gracefully. It was a very proud moment to see women playing "The Puneri Dhol". The vibrant aura of MGM set the hearts on fire. People indifferent of various religions, caste and creed danced together on the 'dhol- tasha pathak'. This unity which could be seen in a multicultural country is commendable. We were awed by the huge number of female participants who didn't shy off from experiencing the thrill and joy behind it.



Sumanju Kulkarni - Mr MGM

We then went on with the personality contest, which showcased the first years in full form, all enthusiastic and ready to take the title of Mr and Ms MGM home. From the likes of Arijit Singh to Adele, MGM students knew it all.

Wonderful performances by all the students had everyone swaying to their tunes. Dr. Ajay Kakkar and Dr. Mona Kakkar had a tough time picking the best singers. We also had a wonderful band performance by our very own students. They performed some of the hot favourite and popular songs with great ease.



Indu UK. - Miss MGM

This year at MaGnuM, proved the advent of an Inter Collegiate dance competition. We saw the works and skills of our neighbouring institutes and applauded their overwhelming spirits. They set the stage on fire with their jaw-dropping performances.

Unlike the professional designers who show their work off, we at MaGnuM 2k17 had a dramatic extravaganza of catwalk shows, music and flamboyant formations by our very own students. The colourful parade was themed to 'Child's Play', portrayed by students from 1st year BDS to interns. The costumes were playful yet perfectly apt to suit the theme.



MGM's Got Talent

Keeping in sync with the theme of MaGnuM, Mumbai meets Bombay, we at MGMDCH attempted at doing our bit in showing gratitude to those who silently serve as the backbone of Mumbai. We recognized these achievers who mask behind the common man and felicitated them for their noble jobs. We also felicitated our very own from the MGM family by giving away awards for the Best Teacher, Best Student and Employee of the Year. 'Age is no bar'- this was proved by the staff of MGMDCH.



The dance master giving us a feel of Zumba

They performed an amazing bollywood inspired skit- 'Raj ki Anokhi Pyaar Katha', followed by a sizzling dance performance showing the changing eras of bollywood beauties right from Sridevi to Deepika. The DJ night was eagerly awaited by everyone, which put a fabulous and memorable end to a successful MaGnuM 2k17.



Killing it Solo

External Events



They treated him like a monster, so he became one - The Joker.



Tale as old as time, song as old as rhyme - Beauty and the Beast



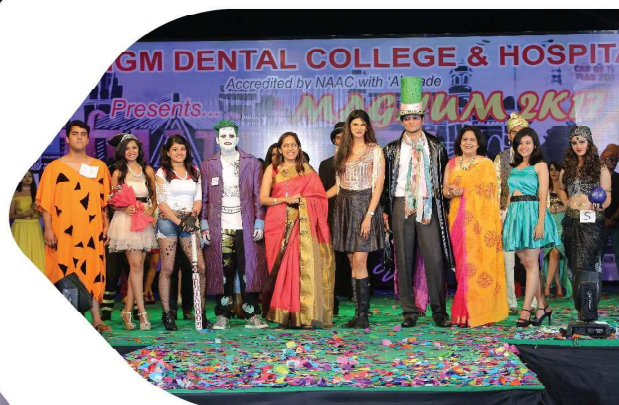
Beauty attracts the eye but personality captures hearts.. So do our Mr and Miss MGM



Keeping the Marathi culture alive



Money is the best inventor ever - Richie Rich



Fashion meets reality - Winners of the fashion show

External Events



Showcasing life from an orphan's perspective - The Mavericks



'Grace' as portrayed by Sukanya Sawant



The maze of social media by PGs



Taking it to another level with Contemporary - The Black Swans



The Nightingale of MGM - Pratibha Shastri



Elegant classical Indian performance

External Events



"Raj ki Anokhi Pyaar Katha" - A Bollywood inspired play by the Staff of MGM.



Stellar performance by Dr Floyyd



Dr. Ajay Kakar, Dr. Mona Kakar and Dr. Jyoti picking the best voices of MGM



Dr Ashiwini, Dr Jigna, Dr Jayeeta and the boys dancing on bollywood numbers



SPARTANS what is your profession
Aahoon aahoon aahoonn...!!!



Best Sports Team - Staff

Feliciting Achievers Of The Year 2017



Best Professor - Dr Richard Pereira



Best Lecturer - Dr Bharat Gupta



**Student of the Year
Balasubramaniam Shanker**



Lifetime Achievement Award - Dr. Usha Asnani



















Best Reader - Dr Janani Iyer















Employee of the Year - Mr Avinash
















Internal Events - Incharge & Winners

<p style="text-align: center;">Swachh MGM</p> <p style="text-align: center;">Dr. Richard (Staff Incharge)</p> <p style="text-align: center;">Neha Anjali Shraddha (Intern Incharge)</p>	<p style="text-align: center;">Blood Donation</p> <p style="text-align: center;">Dr. Janaki Dr. Niharika (Staff Incharge)</p> <p style="text-align: center;">Esha Ashwini C. Mehul Jayesh (Intern Incharge)</p>
<p style="text-align: center;">Tree Plantation</p> <p style="text-align: center;">Dr. Vaibhav (Staff Incharge)</p> <p style="text-align: center;">Alisha Burhanuddin Naved Munazza (Intern Incharge)</p>	<p style="text-align: center;">Humans of MGM</p> <p style="text-align: center;">Dr. Naisargi Dr. Rohini (Staff Incharge)</p> <p style="text-align: center;">Nikitesh Sudeep Saurabh (Intern Incharge)</p>
<p style="text-align: center;">Master Chef</p> <p style="text-align: center;">Dr. Janani Dr. Jyoti Dr. Tullika (Staff Incharge)</p> <p style="text-align: center;">Pooja Shrutika (Intern Incharge)</p> <p style="text-align: center;">Perio PGs 2nd Years</p> <p style="text-align: center;">   </p>	<p style="text-align: center;">Soap Carving</p> <p style="text-align: center;">Dr. Priyanka Munde (Staff Incharge)</p> <p style="text-align: center;">Komal Tanvi M. (Intern Incharge)</p> <p style="text-align: center;">Nrupa T (PG) Ketki (PG)</p> <p style="text-align: center;">   </p>
<p style="text-align: center;">Mehendi</p> <p style="text-align: center;">Dr. Rupali (Staff Incharge)</p> <p style="text-align: center;">Supriya Aishwarya R Fatima (Intern Incharge)</p> <p style="text-align: center;">Maseera (intern) Shirin (4th year)</p> <p style="text-align: center;">   </p>	<p style="text-align: center;">Face Painting</p> <p style="text-align: center;">Dr. Sushma (Staff Incharge)</p> <p style="text-align: center;">Aishwarya M. Hemangi (Intern Incharge)</p> <p style="text-align: center;">Anjali (interns) Madhura (interns)</p> <p style="text-align: center;">   </p>

<p style="text-align: center;">Photomathon</p> <p style="text-align: center;">Dr. Divij Joshi (Staff Incharge)</p> <p style="text-align: center;">Shruti D. Sneha Kiran (Intern Incharge)</p>	<p style="text-align: center;">Na-Real Awards</p> <p style="text-align: center;">Dr. Tushar Dr. Richard (Staff Incharge)</p> <p style="text-align: center;">Meet Yoshita (Intern Incharge)</p>
<p style="text-align: center;">Retro Metro</p> <p style="text-align: center;">Dr. Janani Dr. Bharat (Staff Incharge)</p> <p style="text-align: center;">Niyati Fouzia Aalia (Intern Incharge)</p>	<p style="text-align: center;">Fun Fair</p> <p style="text-align: center;">Dr. Bharat Dr. Himani (Staff Incharge)</p> <p style="text-align: center;">Core Committee (Intern Incharge)</p>
<p style="text-align: center;">Mad Ads</p> <p style="text-align: center;">Dr. Jigna Dr. Ashvini (Staff Incharge)</p> <p style="text-align: center;">Purvi Saniyah (Intern Incharge)</p> <p style="text-align: center;">3rd Year Staff</p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Antakshari</p> <p style="text-align: center;">Dr. Rohit Dr. Vishakha (Staff Incharge)</p> <p style="text-align: center;">Janmesh Amit Mayuri Ayush (Intern Incharge)</p> <p style="text-align: center;">Staff 4th Year</p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Blindfold Caricature</p> <p style="text-align: center;">Dr. Antara Dr. Amol (Staff Incharge)</p> <p style="text-align: center;">Swapnil Pradnya Nilam (Intern Incharge)</p> <p style="text-align: center;">Shrutika, Pooja (Interns) Kajal T. , Shalu (Interns)</p> <p style="text-align: center;"> </p>	<p style="text-align: center;">CSI</p> <p style="text-align: center;">Dr. Janaki Dr. Divij (Staff Incharge)</p> <p style="text-align: center;">Meet Yoshita (Intern Incharge)</p> <p style="text-align: center;">Interns 3rd Years</p> <p style="text-align: center;"> </p>

<p style="text-align: center;">Stand Up Comedy</p> <p style="text-align: center;">Dr. Mohit (Staff Incharge)</p> <p style="text-align: center;">Abhijit Manju Rutuja (Intern Incharge)</p> <p style="text-align: center;">Janmesh (Interns) Chandani, Tulsii (2nd yrs)</p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Rangoli</p> <p style="text-align: center;">Dr. Priyanka Munde (Staff Incharge)</p> <p style="text-align: center;">Pratiksha Prajakta Kajal P. Shrutika (Intern Incharge)</p> <p style="text-align: center;">Interns 1st Year</p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Taboo</p> <p style="text-align: center;">Dr. Sankalp Dr. Radhika (Staff Incharge)</p> <p style="text-align: center;">Eesha M. Nikita Rama Sonali (Intern Incharge)</p> <p style="text-align: center;">2nd Years Interns</p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Quiz</p> <p style="text-align: center;">Dr. Kini (Staff Incharge)</p> <p style="text-align: center;">Shalu Kajal T. Aarti (Intern Incharge)</p> <p style="text-align: center;">Nrupa T (PG) Ketki (PG)</p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Debate</p> <p style="text-align: center;">Dr. Kini (Staff Incharge)</p> <p style="text-align: center;">Ayush Ashvini B. Prabhjyot (Intern Incharge)</p> <p style="text-align: center;">PGs Interns</p> <p style="text-align: center;"> </p>	<p style="text-align: center;">Hogathon</p> <p style="text-align: center;">Dr. Jyoti (Staff Incharge)</p> <p style="text-align: center;">Prerana Balasubraniam (Intern Incharge)</p> <p style="text-align: center;">Pratik (4th), Saraswati (3rd) Praveen (Non-teaching staff)</p> <p style="text-align: center;"> </p>
<p style="text-align: center;">Creative Heads</p> <p style="text-align: center;">Shalu Shah Madhura Vairagi (Incharge)</p>	

External Events - Incharge and Winners

<p style="text-align: center;">Personality Contest</p> <p style="text-align: center;">Dr. Sankalp, Adhithi, Ayush <small>(Incharges)</small></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Sumanyu Kulkarni</p>  <p>Mr. MGM</p> </div> <div style="text-align: center;"> <p>Indu UK</p>  <p>Miss MGM</p> </div> </div>	<p style="text-align: center;">Singing</p> <p style="text-align: center;">Dr. Richard, Visalakshi, Anshika <small>(Incharges)</small></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Raviraj <small>(Interns)</small></p>  </div> <div style="text-align: center;"> <p>Swapnagandha <small>(PGs)</small></p>  </div> </div>
<p style="text-align: center;">Dance</p> <p style="text-align: center;">Dr. Vaibhav, Nikita Ranade (group), Ankita (solo) <small>(Incharges)</small></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">Group Dance</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Black Swans <small>(Interns)</small></p>  </div> <div style="text-align: center;"> <p>The Mavericks <small>(Interns)</small></p>  </div> <div style="text-align: center;"> <p>Nishigandha Pawar</p>  </div> </div> </div> <div style="width: 45%;"> <p style="text-align: center;">Solo Dance</p> <div style="text-align: center;"> <p>Sukanya Sawant</p>  </div> </div> </div> <p style="text-align: center;">Intercollegiate Dance</p> <p style="text-align: center;">Eesha <small>(Incharges)</small></p> <div style="text-align: center;">  <p>MGM Dental College Black Swans</p> </div>	
<p style="text-align: center;">Fashion Show</p> <p style="text-align: center;">Dr. Janaki, Eesha, Aditya <small>(Incharges)</small></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p style="text-align: center;">Shreyas Nagarkar</p>  <p>Best walk (Male)</p> </div> <div style="width: 30%;"> <p style="text-align: center;">Prachi Gaikwad</p>  <p>Best walk (Female)</p> </div> <div style="width: 30%;"> <p style="text-align: center;">Sumanyu Kulkarni</p>  <p>Fresh Face 2017</p> </div> </div> <div style="text-align: right; margin-top: 20px;"> <p style="text-align: center;">Afshanda Khan</p>  <p>Best Costume</p> </div> <div style="display: flex; justify-content: center; margin-top: 20px;"> <div style="text-align: center; margin-right: 20px;"> <p style="text-align: center;">Aditya Nandan</p>  </div> <div style="text-align: center;"> <p style="text-align: center;">Tanvi Tekwani</p>  </div> </div> <p style="text-align: center;">Best Couple</p>	

Around The Year



**Taking a quantum leap
- Release Of MGM Application**



**An important day for the young dentists
- White coat ceremony**



**Inhale confidence exhale doubt!
- International Yoga day**



**Reaching out to the seniors
- Denture camp**



**Stepping out into the world
Batch of 2011 - 2016**



Tiranga March on National Unity Day

Sports Secretarys' Message



Bhavika Shetty



Mehul Bhoje

*"If there is one thing you learn in sports,
It is that you never give up, you fight till the end."*

Walking into the halls on the very first day of our orientation programme, and knowing close to nothing of what our posts desired and demanded from us, we signed up and were delegated the Sports Secretarys for the year- Bhavika Shetty and Mehul Bhoje.

Right from managing the required equipments to organizing the matches keeping everyone's schedules in mind along with taking into consideration the needs and requests of everyone around, there were many hurdles crossed.

A striking feature of this year was the overwhelming and spirited participation of the staff and the alumni in all the games. There were so many exhilarating and exciting matches which kept our interest till the very last second, awaiting their results with bated breath. The adrenaline rush could be seen on every participant's face along with the crowd as well. The impressive success that the sports week was, would not at all have been possible without the help of the sports committee, the staff incharges, our core team, fellow batch mates and of course last but not the least our very own loving juniors.

A special mention to the endless support of our every enthusiastic Dean, Dr. Sabita Ram and our Director of Sports, Dr. Laresh Mistry.

It has been an absolute pleasure serving as your sports secretarys for the year, an experience we will forever treasure and live by.

Sports Report

*“Apart from Education, You need Good Health.
And for that you need to play Sports.”*

-Kapil Dev.

Sports have always been an integral part of any person's life. And, MGM Dental College puts the right amount of emphasis on that. The most anticipated Sports Events of Magnum 2k17 commenced on 16th Jan and was as usual met with great zeal and gusto.

This year in order to have increased participation among staff and students alike, each sporting event was looked after an individual staff incharge and an intern, which really made the events much more organized and fun.

The sports week kicked off with the eliminations of the indoor games which included chess, table tennis and carrom. The indoor games witnessed some amazing showcasing of wit and strategy in Chess, exceptional skills in Carrom along with intense agility in the Table Tennis matches.



It's a FOUR!



Men's Football

This year in order to up the competition level, a new format was introduced in the box cricket tournament wherein each team had to fight for every win in order to be at the top of the points table to be able to reach the finals. Tug of War, which is one of the most awaited events, displayed a real test of muscle power, body strength along with fine technique.

We really cheered and enjoyed some fascinating performances and superb co-ordination in the high spirited team events of throwball and volleyball.

All the staff members were really involved. Each and every game was met with the same enthusiasm and competitive spirit which made every game a pleasing sight.

The Outdoor games included overarm tennis ball cricket, throwball, volleyball, football, box cricket, kho kho and badminton. This year we introduced football in the girls category and badminton for both boys and girls which was met with a great zealous response where we witnessed the test of endurance and speed coupled with some amazing skills which resulted in a thrilling game every time.



**Striving to pocket the Queen!
Carrom Doubles**

Track and field events was also a new addition this year which revealed some amazing runners of our college.

The most impressive feature of MaGnuM 2k17 was the display of Intercollegiate Sports for the first time. The fiery and lively throwball game between Nair Dental College and MGM Dental College was a match to remember. This was definitely the feather in the cap for the sports week.



**Our first intercollege Throwball Match
MGM Dental College VS Nair Dental College**



Nailbiting finish - Volleyball Finals

Along with this, we are also very grateful for all the individual staff incharges of the games and the fellow interns who stood by us and gave their valuable inputs to make every event better. The Sports Week wouldn't have been possible without the students who volunteered for each game. Their love and dedication towards sports has helped in making it into a thumping success.



Cricket Champions!

- Mehul Bhoje and Bhavika Shetty

Sports Events Incharges & Winners

<p style="text-align: center;">Badminton</p> <p style="text-align: center;">Dr Varsha, Shraddha, Vivek</p> <p style="text-align: center;">Singles</p> <p>Indu (1st Year) Ruchi Soni (IVth Year)</p> <p style="text-align: center;">Doubles</p> <p>Ruchi S & Nehal M (IVth Year) Saloni & Ruchi (IIInd Year)</p> <p style="text-align: center;">Mixed Doubles</p> <p>Bhuvnesh & Pradnya (IIInd Year) Parimal & Saloni (IIInd Year)</p>	<p style="text-align: center;">Carrom</p> <p style="text-align: center;">Dr Bharat, Sonal, Naved</p> <p style="text-align: center;">Boys Singles</p> <p>Dr Amit B (PG) Mehul B (Interns)</p> <p style="text-align: center;">Boys Doubles</p> <p>Mehul B & Naved (Interns) Dr Amit & Dr Mitesh (PG)</p> <p style="text-align: center;">Girls Singles</p> <p>Dr Sushma B (T. Staff) Sonal P (Intern)</p> <p style="text-align: center;">Girls Doubles</p> <p>Sonal P & Swati (Intern) Dr Sushma B & Dr Varsha (T. Staff)</p> <p style="text-align: center;">Mixed Doubles</p> <p>Sonal P & Rameshwar C (Intern) Dr Sushma B & Siddheshwar P (T. Staff)</p>
<p style="text-align: center;">Table Tennis</p> <p style="text-align: center;">Dr Jigna, Tanvi M, Aditya</p> <p style="text-align: center;">Boys Singles</p> <p>Nimish Situt (IIIrd Year) Dr Mohit B (T. Staff)</p> <p style="text-align: center;">Girls Singles</p> <p>Saloni T (IVth Year) Pradnya (IIInd Year)</p> <p style="text-align: center;">Mixed Doubles</p> <p>Bhuvnesh & Pradnya (IIInd Year) Saloni T & Siddhant P (IIInd Year)</p>	<p style="text-align: center;">Chess</p> <p style="text-align: center;">Dr Tushar, Kajal T, Jayesh</p> <p style="text-align: center;">Boys</p> <p>Dr Mohit (T. Staff) Arjun S (Interns)</p> <p style="text-align: center;">Girls</p> <p>Tanvi M (IVth Year) Shweta (IIInd Year)</p>



Track and Field Events

Dr. Amol (Incharges) Shubham

<p>100m Sprint Boys</p> <p>Apurv Kinar (1st year) Faiz Ansari (4th year) Arfat S (2nd year)</p>	<p>100m Sprint Girls</p> <p>Sanjana D (4th year) Samiksha (1st year) Tulsi (2nd year)</p>
<p>400m Relay Boys</p> <p>Apurv Kinar Akshay Ugale Siddhart G Neeraj K</p>	<p>400m Relay Girls</p> <p>Sanjana D Riya Kadam Saloni T Chinmayi P</p>



Cricket

Dr. Laresh, Sudeep, Naved (Incharges)

<p>Intern Team</p> 	<p>Non Teaching Staff</p> 
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Box Cricket

Dr. Laresh, Mehul, Raviraj (Incharges)

<p>Teaching Staff</p> 	<p>4th Year</p> 
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Volleyball

Dr. Vaibhav, Saurabh, Vivek (Incharges)

<p>Teaching Staff</p> 	<p>Intern</p> 
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Thug of War

Dr. Sankalp, Aditya, Niyati (Incharges)

<p>4th Year</p> 	<p>Interns</p> 
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Football

Dr. Sujit, Dr. Janaki, Shreyas, Waqas, Shukra (Incharges)

Boys	
<p>Teaching Staff</p> 	<p>4th Year</p> 
Girls	
<p>Interns</p> 	<p>3rd Year</p> 

Kho-Kho Girls

Dr. Rafeeq, Prabhjyot (Incharges)

<p>Interns</p> 	<p>4th Year</p> 
Throwball Girls	
Dr. Sankalp, Aditya, Niyati (Incharges)	
<p>4th Year</p> 	<p>Interns</p> 

Camps Report

Reaching out to the needy ones...

Our very own institution "Mahatma Gandhi Mission Dental College and hospital "serve the humanity, with an effort to uplift the oral health of the population of Navi Mumbai and Raigad District. The institution is providing Oral Health Care to the needy population through means of five peripheral centres. While doing so the institution has targeted the government as well as private sector of health through proper utilization of primary health centres and rural hospital in order to collaborate with government which has been helpful to reach the maximum population in the rural region. In private sector the institution has targeted NGO's and trusts to serve shelterless, needy, population.



Dental check up camp at Ramsheth Thakur School Kamothe in association with Lions Club of Kamothe



Oral health screening of industrial workers



Student delivering health education at Ajivali PHC

The institution has screened 25,407 individuals whereas 1655 individuals have been treated by reaching them through peripheral centres in rural and tribal region. 31,224 individuals has been screened and 1655 has been treated by conducting oral health care camps in rural region.



Dental check up camp at BMC School, Andheri in association with Rotary Club of Versova



Demonstration of brushing technique to the industrial workers

The institution also extends the efforts to provide free oral health services to children in zilha parishad schools, orphanages, urban slums, for NMMT bus drivers, Autorikshaw drivers, inmates of old age home, industrial workers. MGM look forward to extend the efforts and serve the each and every individual with a vision of health for all.

- Dr. Vaibhav Thakkar and Dr. Priyanka Machale

Social Service Report

SWACCHA MGM

We are promoting Narendra Modi's Ideology Of "Swachh Bharat". We carried out this event on 30th January 2017. This year we decided to start the cleanliness drive from our very own MGM campus. Everyone from students to teaching and non teaching staff put their hands to clean the campus. We divided ourselves into eight teams and cleaned the allotted areas with great enthusiasm.

Gandhiji said "Sanitation is more important than Independence".



Swachh MGM Campaign



Collective efforts to keep our campus clean

WOMEN'S DAY "BE BOLD FOR CHANGE"

Woman's day was celebrated on 7th March 2017 with the theme 'BE BOLD FOR CHANGE'. Dr Godbole was invited as the chief guest. On this occasion a poster competition was organized. Later, prizes for the winners were distributed. In conjunction to this our very own students gave heartwarming speeches.

Respect her and her ambition, she will respect you twice more.



Dr Godbole graces the Women's Day Celebration with her presence as Chief Guest



Be Bold for a change

HUMANS OF MGM

Every job is best at its place. We need to show gratitude towards those who do basic and most important thing of sanitation. So we decided to felicitate the mamas and maushis from our college by giving the rice

TREE PLANTATION “ GO GREEN “

Lets Go Green To Make The World Greener. 30th January, first day of our college festival we started by planting oxygen. There were nine teams. Total 60 saplings were planted in our very own campus, keeping in mind that, nurturing a plant into tree is more valuable than just planting one.



**Adding another brick to the wall
PGs of MGM at tree plantation**



Plant together to make the world greener

NO TOBACCO DAY

We celebrated NO TOBACCO DAY on 7th April 2017. Initiated by Dr Ram, MGM dental college and hospital, has been organizing an anti tobacco drive since 5 years. In continuation this year's rally was organized in the MGM campus to create awareness of tobacco related health problems among the general public. Several UG students, interns and the teaching staff actively participated in this rally by holding up banners and placards along with shouting catchy anti tobacco slogans to draw people's attention.



No tobacco day rally



**Flashmob by interns in association
with Indian Cancer Society**

BLOOD DONATION

This year blood donation camp was organized by our NSS team and arrangements were done by MGM hospital blood bank staff. A single pint can save three lives, A single gesture can create million smiles. Blood donors are very happy to donate as they know that donating blood is being hero for someone who has received the gracious gift of life. 31 bags of blood were collected. Modern approach for motivating youngsters, pleasing ambience and donor friendly atmosphere in addition to heart touching attitude of the volunteers to take care of the blood donors was seen.



**Gearing up for a good cause
Blood donation camp**



**Blood is meant to circulate, pass it around
Blood donation camp**

Felicitating the HUMANS of BOMBAY

Our society is build by people working in different sectors. So this year we decided to felicitate the working pillars of Bombay by giving them excellence of work award. Police Inspector Ashok Naik, Sudeep Pawar, Maruti Gholave. Chief security officer Mr Rudrappa C.N, R.T.O , Dabbawala Mr Sashikant, Department of MSRTC, Auto Union Kamothe. We acknowledge their hard work and dedication in making city of MUMBAI happy, safe and comfortable.



**We can't get to MGM without them - Felicitating
the representative of the Auto Union, Kamothe**



**If not for them the roads wouldn't be safe
- Acknowledging the efforts of RTO**



Chief Security Officer - Mr. Rudrappa C. N.



**They keep our train journeys safe!
- Inspector Sudeep Pawar (RPF)**

- Shalu Shah and Nilam Thombare

National Service Scheme Report

In India, the idea of involving students in the task of National Service dates back to the Gandhian times. The theme which he tried to impress upon his students was the virtues of social responsibility to be laid before oneself. Advising them to form a living contact with the community in whose midst the students thrive - so as to do something positive to raise the lives of the not so privileged to a higher material and moral level.



RPF skit on awareness of train safety

*"Remember there is no such thing as a small act of kindness.
Every act creates a ripple with no logical end."*

We, the NSS unit of MGMDCH, vouch by the motto of, Not Me But You and strive to uphold the need for selfless service.

We, as a team have initiated and conducted several such drives passionately on a humanitarian note, such as;



Tour the safety

1. Skit at Panvel railway station creating awareness among masses about train safety.
2. Help maintaining clean environment, in joining hands with NDTV India, for Juhu Cleanathon.
3. Donations to orphanages and old age homes.
4. Swachh Mukh Abhiyaan at Ajivali PHC to deliver knowledge about oral hygiene to the Anganwadi workers, thereby reach larger masses.
5. Awareness camps on the ill effects of tobacco.



United we stand! - National Unity Day.



NSS team visiting the orphanage to educate the children on oral hygiene



Juhu beach Cleanathon



Free checkup camp at BKC

6. Project Sandesh in collaboration with Rotaract Club to pen down our gratitude and emotions towards our soldiers at the Siachen base camp.

7. Swasth Zindagi - a large scale community health check up camp alongside 52 hospitals from all over the state to increase awareness of oral health care.

8. Special residential camp conducted at Vangani village, Ambernath, wherein the volunteers were acquainted to the daily living conditions and needs of the villagers, thus aiding them in cleanliness and sanitation drives, health issues, agricultural activities and educational activities for the school children.

The advent of the NSS unit at MGDCH by our over-enthusiastic and evermotivating Dean, Dr.Sabita Ram, has thereby instilled and enriched a sense of well being and social responsibility among the faculty (Dr. Vaibhav Thakkar; Program Officer, Dr. Sankalp Bhandarkar; Asst. Program Officer, Dr. Laresh Mistry and Dr. Vineet Kini; Advisory board) and volunteers alike. The students not only understand the community and get involved in problem solving but also have developed virtues of group living, team spirit and leadership qualities.



Residential Camp at Vangani



Mission Sandesh - Dr Sudhir Kadam writing his message on the occasion of Republic Day



Mission Sandesh - A Thank You to our soldiers at the Siachen Base

Looking forward enthusiastically to many such fun filled yet soul searching and meaningful events, in an attempt to passionately nurture social harmony and well being.

Dr. Janaki Iyer
Assistant Program Officer
National Service Scheme Unit,
MGM Dental College & Hospital

Inga Health Foundation

Cleft And Craniofacial Center

If you don't have a smile, Let me give you one of mine...

A unique project for cleft and Craniofacial Surgery unit was started at MGM Dental College Hospital, Kamothe in partnership with Inga Health Foundation (Prev Maaya Foundation) and Operation Smile Inc. in order to cater to the large patient population of rural areas adjoining Mumbai and Navi Mumbai, who are not able to access these facilities easily.

The Project was started in September 2015 and till Date 180 Patients have undergone successful surgeries, completely free of cost.

In October, 2016, the foundation celebrated the successful completion of 100 Patients. This very important "smile stone" was achieved due to the excellent teamwork by all the departments of MGM Dental College and Hospital. Especially the wonderful work by Dr Shrirang Sevekar, Dr Naisargi Shah and postgraduate students of the Dept of Prosthodontics under leadership of our Hon. Dean Dr Sabita Ram with support and encouragement by Dr Srivalli Natrajan.



Visit by Dr. Ronald Zuker from Canada



Happy Patients with Dr Shrirang, Dr Gaurav & Dr Rasika

Dr Rasika was a part of the international team to Ningde, China as Dental Surgeon and managed the counselling aspect of the cleft patients. A mega follow-up was organised on 7-8 November 2016 to record the progress of all the operated patients.

A screening camp was organized by Inga Health Foundation and IMA, Baramali supported by Operation Smile Inc.USA and MGM Institute of health Sciences, Kamothe, Navi Mumbai for children and adults suffering from Cleft palate and lip and other congenital facial anomalies on 31 st July 2016 at Jede Bhagat

Hospital, Baramati. Camps were also conducted at Akluj,Dahanu, Jawhar, Mokhada and Wada by our recruitment team and patients screened were mobilized for surgery at center.

MGM Dental College is the only Dental college in India which sends their surgical residents to International Humanitarian mission with Operation Smile. Dr Suraj Ahuja attended surgical mission in Ming Dong Province in China from 19- 27 th September 2016. Dr Yusuf Mistry attended Sangzhi Mission, China from 17-27 th October 2016. The foundation thrives to extend their help to ones in need in future as well with same dedication and zeal.

- Dr Gaurav Deshpande (MDS) Unit Incharge

Dr Rasika Jagtap (MDS) Admin and Comprehensive Care Incharge



100 Patients Celebration.

Achievers Section

"Imagine in vibrant, wonderful detail your heart's desire – a reality only you can envision, an adventure only you can direct. Then cradle your creation. Caress it. Mould it. Coddle it until it comes to life. And when your precious treasure grows so grand as to steal your breath away, set it free for all the world to experience. For that is how you live your dreams."

- Richelle Goodrich.

An accomplishment reflects the potential and hard work. Whatever that accomplishment may be, whether professional or personal, the winner deserves words of praises. We, at MGM are proud of our achievers!

STAFF :



Dr. Sabita M. Ram - Shushruta Award 2016



**Dr. Shobha Deshpande
Lifetime Achievement Award by Indian Society of
Pedodontics and Preventive Dentistry.**



**Dr Jigna Pathak
Completed 21kms at Mumbai Marathon '17**



**Dr Shirang Sevekar
Completed 21kms at Hiranandani Thane Marathon**

POST GRADUATE :

- Dr. Vishal Punjabi - Best Scientific Paper Presentation at 14th National Conference of Indian Association of Forensic Odontology.
- - Student of the Year Post Graduate OMFP - Bitein Award 2016
- Dr. Huzefa Ezzy – 1st in IAACD Conference for Poster Presentation of 'Crafting Smiles In All Ceramic Crowns.'
- Dr. Adithi Jain – 2nd in IAACD Conference for Poster Presentation of 'Masking of Discoloured Teeth with Lithium Disilicate'.
- Dr. Pooja Bhawe – 2nd in IAACD Conference For Poster Presentation of 'Rejuvenating Lives Through Smiles'.
- Dr. Dinesh Shah – 1st In Paper Presentation on Carcinoma at Oral Surgery Conference.

- Dr. Suraj Ahuja – 1st in Paper Presentation on Unicystic Ameloblastoma - a Clinical Dilemma at Oral Surgery Conference
- 2nd In Paper Presentation at National Conferences.`
- Dr. Yusuf Mistry - 1st in Paper Presentation on Spontaneous Bone Regeneration at Oral Surgery Conference
- Dr. Yash Oswal - 2nd in Quiz at Oral Surgery Conference
- Dr. Taher Mistry - 1st in Poster Presentation on Alveolardistracton at Oral Surgery Conference.
- Dr. Nrupa Tambade – Consolation Prize for Poster Persentation in 16th ISP, Convention, Manali.
- DR. NINAD PADHYE – Best Poster Presentation At Oral-b Write To Fame.



Dr. Vishal Punjabi

INTERNS :

- Visalakshi Shivaraman -
- BITEIN AWARD: Listed in Top 5 for UG Student of the Year
- 3rd In Singing in IDC 2017
- Semifinalist at National Level Singing Competition 2016 (Carnatic Vocal)
- Elected as Hon. Joint Sec. of Dental Student Welfare Association.
- Balasubramaniam Shankar -
- Felicitated by DCI for being Final Year Topper at 1st Dental Student Workshop of India at Ahmedabad
- Student of the Year (UG) by Indian Health Professionals Awards at Pune
- 1st In Paper Presentation at IDA, Mumbai.



Visalakshi Shivaraman

- 2nd Prize in Group Dance at IDC, Mumbai.
- Aalia Patrawala
- Adhithi Prabhu
- Aditya Nandan
- Aishwarya Raut
- Balasubramaniam
- Eesha Mody
- Fouzia Shaikh
- Kiran Kukreja
- Manju Yuvraj
- Nikita Ranade
- Nikitesh Deshmukh
- Niyati Patel
- Prerana Gaitonde
- Shreyas Nagarkar
- Shruti Paradkar
- Shukra Paralkar
- Sonali Sodhi
- Tanvi Tekwani
- Visalakshi Shivaraman



Balasubramaniam Shanker



Black Swans at IDC, Mumbai

FINAL YEAR :

- RUCHI SONI
-1st in Women's Singles Badminton Championship at IDA.
-1st in Mixed Doubles Badminton Championship at IDA.
- CHINMAYEE PALANDE
-1st Runner Up Women's Singles Badminton Championship at IDA.
- RUCHI SONI AND CHINMAYEE PALANDE
-1st In Women's Doubles Badminton Championship at IDA.
- SALONI TAWADE
-1st in Women's Singles Table Tennis at IDA.
-2nd in Mixed Doubles Table Tennis at IDA.
- SUYASH LOKRAS
-3rd Prize in Essay Competition (Topic: Future Of Oral Health Delivery System) at IAPHD.



Suyash Lokras receiving the prize for his essay 'Future of Oral Health Delivery System' at the hands of DCI President - Dr Dibyendu Majumdar

THIRD YEAR:

- PRATIBHA SHASTRI – 1st in e-poster Presentation of Augmentation Procedures for Alveolar Ridge Construction at Student Conference, Manipal University, Mangalore.
- PROJESH MUKHERJEE AND MAYANK DATE – 1st in e-poster Presentation of Evidence Based Dentistry at Student Conference, Manipal University, Mangalore.
- RIDDHI JAIN AND WENDY LOBO - 1st in e-poster Presentation of Dark Side of e-Cigarette at Student Conference, Manipal University, Mangalore.

SECOND YEAR:

- VISHAL KARMANI – 1st in Poster Presentation of Indigenous Remedies for Dental Care at Student Conference, Manipal University, Mangalore.



MGM students bagged maximum prizes at the Student conference at Manipal University

माझ्या कवितेचे गुपीत

एकदा मी असेच माझ्या मनास विचारले
कारण मला माझ्या कवितेचे गुपीत होते जाणायचे
कसे रे सारे सुचते तुला? जसा गंध उमजे फुला
शब्दांच्या ह्या खेळात कसा रंगविशी कवितेचा झूला?
चांदण्यांच्या उरास स्पर्शून घेतसि साऱ्यांचीच दाद
रासिकांना आनंद देऊन चंद्रालाच देतसि साद
रूपेरी दारात तुझ्या अशा असे शब्दांचाच सडा
ते सारे ही तुलाच विचारती, कसे रे सारे सुचते तुला?
रिमझिम बरसत्या पाऊसधारा आम्हाला भिजवून जाती
पण तू तेव्हा हाती pen घेऊन तुझ्या कवितेनेच आम्हाला ओलेचिंब करिसी
तुझ्या इंद्रधनुष्यासारख्या शब्दांनी निसर्गच सप्तरंगी झाला
तुझ्या हातातील pen च तुला विचारी, कसे रे सारे सुचते तुला?
शेवटी त्याला उत्तर द्यावेच लागले
कसेबसे सांगवेच लागले
म्हणाला तोच हसत-हसत
कविताच फुलते नकळत
बसता-उठता फक्त कविता दिसत असते मजला
नेत्रांच्या पापण्या मिटून स्मरतो रोज तिजला
वसुंधरेवरील पर्ण-फुलांना वेगळ्याच दृष्टीने पाहतो
मनातल्या भावनांना वेगळ्याच अर्थाने मांडतो
नाभातल्या सूर्यांवर आपसुक जडतो शब्दांचा लळा
असेच सारे सुचते मला....असेच सारे सुचते मला
-सुकन्या सावंत



सुकन्या सावंत (2nd Year)

हिचे 'कवितांच्या शोधात' हे पुस्तक
सेप्टेंबर २०११ मध्ये 'संधिकाल प्रकाशन'
तर्फे प्रकाशित झाले आहे.
एकूण ६० मराठी कवितांचा ह्यामध्ये
संग्रह असून त्याच्या १००० प्रति विकल्या
गेल्या आहेत.
निसर्ग, भावना, अनुभव, प्रेम अशा विविध
विषयांवरच्या कवितांचा संग्रह ह्या
पुस्तकात आहे.

Alumni Section

-Compiled by Sneha Musale

MGM has always been proud of the growth and progress of its students. Once admitted into the college, the student becomes a permanent member of the huge MGM family.

Here is a list of some of the senior alumni, who are appreciated for their success by MGM:

Name	Course Details
Pallavi Karpe	PG West Hartford, Connecticut.
Ketaki Chavan	Pursuing MDS Endodontics at YMT.
Ovi Wagh	MPH program, Boston University.
Mitali Mhetre	PG Ara Institute of Canterbury, New Zealand.
Sanchit Telang	MBA, XLRI Jamshedpur.
Karishma Patil	Western reserve University, Ohio.
Priya Nair	PG, Brisbane Australia.
Kunal Phodse	Owner at Precision Smiles Dental Care, Chembur.
Ruchira Gajabe	Health Services Management, Auckland New Zealand.
Juthika Thakre	Patient safety administrator at TCS.

Many of our newest alumni are pursuing specialization in various fields. We at MGM appreciate them and wish them good luck for their future.

Name	PURSUING PG IN
Anuradha Banerjee	Healthcare Management, Symbiosis Pune.
Bhojwani Anoopsaran	MDS Prosthodontics, Bharti Vidyapeeth.
Baviskar Padmakar	MDS Oral And Maxillofacial Surgery, MGM.
Dabeer Haadiya	Masters In Prostho And Cosmetic Dentistry, London University.
Gadkari Nishtha	MDS Oral And Maxillofacial Surgery, D.Y. Patil, Pimpri.
Gujar Amrula	MDS Prosthodontics, D.Y. Patil, Navi Mumbai.
Londhe Pankaj	MDS Periodontics, MGM.
Hegde Riddhi	Masters In Health Care, Pittsburgh University, USA.

Name	PURSUING PG IN
Merchant Avanti	MDS Prosthodontics, D.Y. Patil, Navi Mumbai.
Nachan Vedashri	MDS Pedodontics, Sinhadgad Pune.
Satpute Monika	MDS Orthodontics, Karad.
More Mangal	MDS Oral And Maxillofacial Surgery, YMT.
Pasad Ankita	MDS Prosthodontics, MGM.
Sitloney Teena	MDS Endodontics, Terna.
Shah Bhumika	MDS Prosthodontics, KLE University, Belgaon.
Sherin Geevarghese	MDS Endodontics M.S. Ramaih College, Bangalore.
Vaidya Apurva	MDS Oral And Maxillofacial Surgery, Terna.
Rajwadha Heta	MDS Pedodontics, SMBT Sangamner.
Gadkari Anuprita	MDS Endodontics, Terna.
Kamath Divya	MDS Oral And Maxillofacial Surgery, Terna.
Pritav Wajifekar	MDS Orthodontics, MGM.
Kakade Aniket	MDS Oral And Maxillofacial Surgery, Terna.
Tarana Raghani	MDS Prosthodontics, Terna.
Ansari Waqas	MDS Periodontics, Rangoonwala.
Darshana Sonawane	MDS Orthodontics, D.Y. Patil.



Dr. Pramod Jadhav

**Congratulations!!
We are proud of the MGM
aluminum for being selected
at the UPSC exam
2016-2017**

THE WORDSMITH'S WORK

DEAD POET'S
SOCIETY

PERSPECTIVES

DAWN OF
WISDOM

THE DILIGENT
JOKER

VERBAL JIVE

About the Sections

This section contains poems penned down by MGMites. As Robin Williams rightly said
“And medicine law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for”.

DEAD POET'S SOCIETY

PERSPECTIVE

“When you look at a field of dandelions, you can either see hundred weeds or a thousand wishes.” There are several sides to a story, some are pretty and some are uglier. In this section the authors have poured their heart out on paper and written their take on an incident.

This section contains informational articles on varied topics. The writers of these articles can be seen loitering around the MGM campus with fat books and fatter pens, awaiting the proverbial apple to fall on the ground.

DAWN OF WISDOM

THE DILIGENT JOKER'S CORNER

This section contains articles based on humour. As they say, it takes a lot of effort to make a joke seem effortless.

This section consists of interviews with the trendsetters of MGM. To learn about their beginnings and their journeys.

VERBAL JIVE

**BE THE CHANGE YOU WANT TO BE AND
NOT WHAT THE WORLD WANTS TO SEE**

- Niyati Patel (Intern)

It seems a long way back to time
The shine in her eyes saying all that's worth
No worries no fears no thoughts about life
Flying higher by the days with hands all
stretched
The fear of hurt not glinting once
She is all she has to herself that's worth
Not thinking about the hurdles ahead
All that matters is she herself
The shining star that's gone so far
She still is on earth with that heart of her
The world still aims for the change in her
No matter how much she does not wish for
The beauty in soul that she is so far
Why the change in her matters so far
Not able to take it all anymore
She becomes the change the world wants to
see in her
But how much these changes would help her
further
Would she still be the person she wants to be
All dreams and thoughts that she has buried
Deep down inside she is all that's left are ashes
Then how does this change in her
Bring the peace in the soul that has nothing left
Why be the change that the world wants to see
When she can be the change she wants to be

BE YOURSELF

- Maitry Shah

Don't change so people
Will like you Be yourself and the right
people Will love the real you
You have to live with your own self
and so You should be fit for yourself
to know
You should grow and be able as the
days go by
Always to look at yourself straight in
the eye
You don't want to stand with the
setting sun
And hate yourself for things you
have done
Why should you change
For anyone or anything in the world
You are definitely best in something
or other
Then why to do something which
you have never learned
Pursuing your own choice
Gives you a sense of satisfaction
Getting to know yourself is the must
Or else you will be lost in the place
full of fiction
So tell the world
"I am who I am who else would I be
I won't change for you
So why change for me"

FIRST HEARTBREAK

– Shreyas Nagarkar(Intern)

I had these feeling in my heart
And grief in my brain
I lied about the relief
There was nothing but pain

I went to search for ecstasy
Through the valleys of mist
I tried ,I failed
It was thorns that greeted my wrists

Days go by where I cannot play
My music is lost it all went in vain
My dear I loved you
All remains is sanity of my pain

I am headed towards sunset
Water is still pure
My grave is cold but it moves for you
I was just a game.

Where have you gone, the modi sarkaar?

- Zainab Farooqi (Final Year)

A dozen new moon ago,in the midst
Of saffron binge;

When the corridors of power, became
laced with fringe.

With pomp and show, a new age had
dawned;
Good days had come or so it was fawned.

Lips were licking with the taste of money
black;
Our banks were filled with nothing but jack.

The special privileges were meant to end;
Ohh where have you gone, the modi
sarkaar?

An evening at Bandra Bandstand

- Vishal Karmani (IInd Year)

A dog sleeps
Using the steps of Barista Coffee Shop
As a pillow
A range rover hovers nearby
Waiting for the eventual girlfriend
To turn up
Two young school going girls
Bond
Across the road
And me
At my corner table, alone
Bond with my black coffee
A girl in red pajamas
Waits, with her big Shopper Stop Bag
Till some one, all smiles comes and says
"Hi"

And I still wait and wait
To let the sun take its own time,
To complete the journey
Of this side of the sea
And travel beyond
To say "hi"
And I keep waiting to be free
From the time
From the thought
Bound in the memory of life time
Do you see that?
Or I have to walk into the night
From the evening sunset to morning sun
rise
To say,
I see you.

His manner of love

- Tabitha Dias (IIIrd Year)

It was difficult to interpret or understand his ways.
I was, then, only a child, i had still not matured
In recognising the varied mannerisms of a man in command.
But when i did, how much amazement had my eyes shone with!

Beneath a rigid chest of pure ivory that he possesses
And embanked by fine settings of precious stones,
Is a river flowing with clear water that shimmers as silver
Which has not an identified source nor an established end.

What, one would ask, is this river i thus speak of?
Wives and watchful daughters and sons will rightly answer
For i mention the silent channel of the raw emotions of a father,
That which sinks every ache, pain and complain he chooses to hide!

He knows not the weight of those unseen emotions
For the vow of love he made unto his wife, his children,
Causes him to be joyously oblivious to his own fears and hurts
And he chooses not to keep count of his perils and sacrifices.

How handsomely he adorns his face with a smile and spark
That his children may find in him valour and love!
How affectionately he sings to his beloved one
That she would always know of his desire toward her!

His arms are not wearied as he holds the reins of authority
Nor does he tire of bringing into the home providence;
His spirit grows not faint with the worlds rested upon his shoulders
Or does his perennial grace simply disguise his bruised hands?

But in the sanctity and purity and innocence of heart
His life he surrenders in all fullness to keep his word,
To stand fast to the proclaimed covenant he made unto his wife;
To the unspoken vow he made when he first embraced his child.

He labours that they may soundly sleep at sundown,
He prays for their well being, peace and wholeness.
For a father loves far more generously than what he shows.
He makes visible only as much as his child can sanely comprehend.

THE CITY OF UNDAUNTED SPIRITS - MUMBAI.

- Adhilhi Prabhu (Intern)

Mumbai-the city of dreams!.. A city that never sleeps.. Many designations have been given by various groups of people. Being a resident in this city I feel that it is nothing but ALIVE to me!

I feel every aspect in this city has a heartbeat, a rhythm, which no other city in this world can possibly fathom. The soul of this city is the public transport system. It is a place where the local trains are the lifeline of the city. The entire metropolitan area can go under chaos if the local trains are shut, forget about a day but even for an hour! Of course apart from the local trains there are BEST buses and taxis to our rescue! There are BEST bus stops after every half a kilometer throughout Mumbai, and other ways of public transport facilities that ply at an affordable fare. The limbs of the city are the food corners!!... You name the cuisine and its there. Be it our Indian Chinese, chat corners, khau galis, Pav bhaji, the famous Vada Pav, the staple food of the people and of course how can I forget pani puri!!.. We can never get tired of these food chains irrespective of any community that we come from.



The alternate religion by Neeraj Kolge



The Metro by Juhi Ohol

cost of the ticket, clapping on a Salman Khan dialogue and cheering for the Chak De and Dangal girls, I've done it all and have seen others do it as well!

The brain of this city- the financial capital of the country undergoes millions and trillions of financial transactions everyday. It is the ultimate hub for businesses offering the perfect environment and an unrestricted potential for all kinds of businesses. Because of this Mumbai seems so welcoming to people across the country to come and work here. The heart of this city is the Bollywood film industry!! Being a Mumbaikar I'm all for the thumkas and the filmy dialogues of Mr Bachchan. I've grown up watching Bollywood movies and because of that I myself treat my life as a musical with all my heart. The craze of watching the movies first day first show, spending more on the popcorn and Pepsi than the

And last but not the least, every nerve, every fibre of this city are its people. The diversity amongst the people is what makes this city so rich in multilingualism and yet so united. Most citizens celebrate Eid in the same way they celebrate Diwali The person sitting right next to you in a local train can pour her heart out knowing that you're never going to meet her again and even knowing that you're not going to judge her.

Despite the day to day hardships and other innumerable problems, people adjust themselves to the prevailing situations. If talked about the problems, they've become a part of their everyday life. But Mumbaikars don't stop or regret 'because' of these hardships, but they grab every opportunity that come their way. Be it a bomb blast, floods or riots, the city is back on track the very next day. There are endless who inspired us, there are endless inspiring us even today. The incomparable audacities of the people here, makes the city, a city of UNDAUNTED SPIRITS! The spirit and brotherhood of this city is what makes Mumbai... Mumbai! It's not just a city, it's a city of hopes, it's an emotion, a magnetic personality that is so hard to resist and to be kept away from!



The Struggle by Neeraj Kolge

SEVEN READING MEMORIES

- Najia Nazir and Sneha Musale (Interns)

Roaming in the mountains, hand in hand, with Ruskin Bond and the leopard tailing behind as an old neighbour, muttering curses and spells instead of profanities because you so strongly believe in the world of Rowling, wishing our Mr. Perfect to be Jane Austen's Mr. Darcy, wishing to be happy, really happy like "dancing-in-the-air" because Cecilia Ahern taught you so, travelling on sands of Kabul and witnessing the struggles of daughters of Afghan through the eyes of Khaled Hosseini, and calling everything that rules you, oppresses you "the capitol" but still there is hope in our hearts when we read Morrie's words, "don't let go too soon".

Every book is a distinct memory, a roller-coaster ride of emotions and a story that lives within you. We, two completely crazy people, would like to share some of our best and special book reading memories.

- I got my reading habit from my mum. She was an avid reader and infected my brother and me. Our childhood consisted of short stories from Vikas Publications, Tinkle, Amar Chitrakatha and ofcourse Enid Blyton. I may have read thousands after these but first books will always be my first love.
- My grandma used to tell me stories and put me to bed. For a long time I lived in her world and her stories. Once I was reading Panchatantra and grandma asked me to read her a story. This was the first time I told her a story and she was a patient listener (at that time one had to be patient with my reading). This brought me closer to books and closer to her.
- One of my fondest memory is that of reading Harry Potter. And my god! The way I read it! I finished 7 books in 10 days. I read like I was going to die the next moment without finishing the story. I practically lived in that world to the point of insanity and I secretly still do. Rowling changed me, helped me grow up and gave me the confidence that I could blow everything up with "Bombarda" if it didn't go my way.
- Discovering my favourite authors Cecilia Ahern and Khaled Hosseini. Whatever I am, the way I think, how I face my problems and my beliefs, I owe it to them.

- I used to be an introvert, but when I read Tuesdays with Morrie by Mitch Albom I felt that Morrie was scolding me. I started socializing more, for Morrie believed in human touch and I believed in him.
- 2014: the year started with a few personal struggles. Everything seemed to be falling apart and when everyone failed me I turned once again towards my books and found my ultimate love. I read books and genres I never thought of reading before and discovered new favourites. The year ended with me reading the maximum I ever have in my entire life and I realized where my heart eventually belongs.
- Book lovers are special people and when you meet them, it itself becomes a beautiful story, a memory to be cherished. And when we bibliophile bros came across each other, it was the beginning of our story.

So, what's your story?

IN TODAY'S SCENARIO - IS HONESTY THE BEST POLICY?

- Ashly George (IInd Year)

If I close my eyes and visualize the glory of our society in the days gone by, I am dumbstruck by the sheer advancement our society has made in the past few years. We could achieve this only because of the bloodshed by hundreds and hundreds of sincere and honest people who just believe in one mantra "Satyameva Jayate". But, I feel immense pain in my heart, when I see the present situation of our nation. Why is there poverty amidst the plenty? Why our country is not developing as other countries are? When I score around for the culprit only one word comes to my mind, that is 'DISHONESTY'.

It begins in our country right from the admissions of the tiny tots in nursery schools. My dear friends, how can such institutions produce honest, sincere and efficient future citizens. These temples of knowledge, where peace and discipline should prevail become centers of violence and indiscipline. The students who score through dishonest ways, just turn out to be ill-equipped half educated men and women who are afraid to stand on their own legs and like people who get scared at the sight of their own shadows. A dishonest man turns into a beast, with no morals, with no sense, no ethics, no values and no morals. Only an honest institution can produce people who can face the challenges of life with courage and confidence.

So, dear friends, in today's scenario a doctor can never be a butcher in the operation theatre, if he is honest to his professional ethics. Only an honest engineer can fulfill the dreams of our former president Dr. A.P.J. Abdul Kalam. The sanctity and peace of our motherland is in the safe hands of our honest armed forces. Only if the most talented people who are endowed with the spirit of service comes into the profession, IAS can regain its lost luster. It is true that honesty can't make us rich overnight, but an honest society protects the interests of everyone. A dishonest man is in constant fear of being caught but only an honest man can have a good night's sleep.

So friends, let us take an oath that we would not build up our future on the pillars of corruption, but only on the golden pillars of honesty.

NEW BOY IN THE CITY

- Ayush Jaggi (Intern)

Have you ever felt blue, or that there is a place where the sky is much more blue? Like Aisha from Wake Up Sid, I had a vision of slaying my first day in the bustle of Bombay, but I ended up becoming Ambani's runaway beggar kid, the poster kid for Every Delhi Guy in the world. It was me, just in Mumbai.

"*Tu koi Ambani ka beta naheen hain, change de*" the words deafened me.

My first local ticket was for twelve rupees. I handed the man two ten rupee notes who asked me for change instead. Nonchalantly I told him to keep the twenty and all of a sudden I was thrown out of the line like a stray. It was hard to beg the people in the line for two rupees with two suit cases and one carry-on bag. My relatives had to train me in the basic haggling skills needed to survive in the future.

Later, in the train I was talking to my mom from Delhi on the phone, about fifteen sweaty armpits just inches away from my face. She asked me how the city and the train felt like. "Theek hee hain".

The next thing I know, an elderly man was patting my shoulder creepily.

"*Beta ghar se bhaag kara aye ho kya?*" he asked me looking at my baggage, advising me to go back home. I wished for the same.

I crumbled in the city I was born in but I couldn't wait to go to the city that gave birth to me. Five years later, here I am, my friends and I chuckling at Marine Drive, our mouths full of fifteen cupcakes and Theobroma cacao. One thing was absolutely certain-life had never been sweeter.

MUMBAIKARS THAT I HAVE MET!!

- Sneha Musale (Intern)

"And at the moment of contact, they do not know if the hand that is reaching for theirs belongs to a Hindu or Muslim or Christian or Brahmin or untouchable or whether you were born in this city or arrived only this morning or whether you live in Malabar Hill or New York or Jogeshwari; whether you're from Bombay or Mumbai or New York. All they know is that you're trying to get to the city of gold, and that's enough. Come on board, they say. We'll adjust."

- Suketu Mehta, Maximum City: Bombay Lost and Found

For me this city is the one that never rests. It has a separate diurnal and nocturnal life of its own. It gives you, provides for you and makes you fall in love with it. On the streets of this same Bombay, I have met people who showed me something more than humanity.

Once on a very hot summer day, I was waiting for an auto to get to the railway station. There were hardly any autos. I was late, frustrated and helpless. Suddenly, out of nowhere, a lady on a scooter stops by and asks if she could give me a lift. I just stood there thinking, 'Could I really take up the offer of this complete stranger?' Still in dilemma I climbed on her bike and she dropped me off at the station. I had never been so thankful to a stranger. Whenever I have to catch an auto now, I always remember her. Why don't people do this more often? I keep thinking but then again, I don't do it either!

One year ago, I lost my new phone while I was travelling. I was depressed and clueless. There was this fellow girl passenger who was consoling me. She let me use her phone to make calls to my parents. She walked with me to the railway police and helped me file a complaint for the missing phone. She even waited with me until my father came. She is one of the nicest strangers I have ever met.

Just few days back, I had gone to the local market when I saw a homeless man shouting and laughing all by himself. I got scared and asked the old vendor, Why don't you drive him away? He gave some water to the man and replied Kyun? Woh is sadak pe rehta hai. Humlog usko khaana pani dete hai. Woh sirf thoda pagal hai, bura nahi hai (Why? He lives on the street. We give him food and water. He is a little crazy but he is harmless.) I was taken aback. I stood there speechless. You rarely find nice people and very rarely you meet kind strangers.

Sometimes it's not just strangers, but a person you have known long enough manages to surprise you too. One of my distant uncles retired from his job at a bank three years ago. Since then he has been the busiest person I have known. After his retirement he started working for the student welfare. He personally delivers study material, books, and scholarship forms to the underprivileged students. The last time I visited him he was packing his bags to go to our native place in the village. The purpose was to teach the students of the Gram Panchayat school basic maths, health, hygiene and safety. I was so overwhelmed. Till then he was just my annoying uncle who would ask me about studies and future plans. But that day he became something more. He became my inspiration!

In this city filled with all the hustle, noise, pollution and population, one encounters people like these who make humanity believable - who give faith, hope and happiness. Their presence gives warmth and their simple act of kindness grips your soul. They are like those tiny lights inside a long dark tunnel.

They are the humble portrayal of humanity; they are the Humans of Bombay!

THE GIFT OF LIFE

Afshanda Aarif Khan (IInd Year)

"We all have our mountains. The climb will bruise us but we will survive. Conquer your mountain."

So, I was living life the way I do. Prostho and cons on a busy Friday, table tennis and carrom in the lunch break and back home. I was relieved to enjoy the long weekend till Monday. 14th March 2017, it was a regular college day but I felt extremely sick and decided to skip college. Until this day, I never really read the signs because I never thought something could be so wrong with my health. Some of the ignored symptoms included mild dizziness, difficulty in writing and holding the contrangle handpiece. I didnt feel right and kept throwing up. I was taken to Apollo Hospital, Belapur by my father. The doctors infused me with saline and then gave me a discharge, assuming that I was facing general weakness. I thought that was it and there was nothing to worry about but then I threw up all the saline that was infused in me, clearly something was terribly wrong. I was admitted back in Apollo Hospital and it was assumed that it would be a two day stay in the hospital. Nobody was ready for what was about to come. The day I was readmitted I walked into the hospital by myself and by the end of the day I couldn't move, I was completely bed ridden. The next morning, I started experiencing double vision, so the doctors decided to get an MRI scan of my brain and brain stem done. The reports were handed to us that evening which detected a tumour in the pons measuring 3.2 cm × 2.7 cm. My younger grandfather, Firoz Khan knew Dr. Keki Turel (Neurosurgeon) well and referred my case to him. On examining, it turned outthat the tumour had 90% growth in a span of just 48 hours. The remaining 10% consisted of my memoryand consciousness. It felt like everything was falling apart. I had to be rushed to Bombay Hospital, Fortthat very night. The slightest of delay could result in a big loss. The surgery was scheduled for the 18th of March, 9.00 am. Everything happened so promptly, that it was difficult for me to comprehend theseverity of the situation. When you are 19 years old, you have a life to plan for and this surgery was todecide if I would even have a life ahead.

Alhamdulillah, the operation went successful and I was admitted in the I.C.U for a week. My tumour was on the left side, so after the operation I suffered from ataxia, tinnitus and extreme pressure, tension and

heaviness on my right side. I was surviving on an oxygen mask, food pipe and Rileys tube since I was not able to swallow either. It was my first time in the I.C.U and it was daunting. There was no track of time throughout the day and nights were sleepless and frightening. The second night in the ICU, I had given up. I felt an energy exude into me and breathing felt like an alien process. I said goodbye to my loved ones. I was disincarnate. I could not feel any pain and it felt like I lost all of my 5 senses. I had accepted that this was my fate. This new essence started to feel familiar to me and the world I was in earlier, began to feel foreign. I could see myself alive in dream like scenarios and at the same time was in a state of nothingness. The next morning it was as if I had woken up from a long, uncomfortable dream. I opened my eyes in a state of bemusement to see my mother. I was alive and my fight was not over as yet. My biopsy reports were hard to obtain since my post operative tumour, which is a residual disease was not sufficient. The remaining specimen was sent to Tata hospital for a second opinion. Dr. Jalali and Dr. Turel had a grand meeting which consisted the discussion of 20 cases, including mine. This meeting was to decide the future of my treatment. However, my case was immensely complicated and it was the only case that was talked about in the meeting. After a big debate, based on their experience and knowledge they decided that it was a 'Grade-1' tumour, since the remaining specimen showed necrosis and there was no sign of infiltration. After this, I started recovering and was shifted out of the I.C.U. My oxygen mask, food pipe and Rileys tube was taken out eventually. The sutures had healed and my dressing was taken out. Ataxia takes significant time and effort to heal. I need regular physiotherapy, without it my progress becomes stagnant. So, from being completely immobile, I can today walk by myself taking small steps. Alhamdulillah, I am showing good progress externally day by day but the internal progress is a very slow one. It might take approximately a year for me to recover completely but I am ready to be patient and strong.

The moment someone hears the word tumour, they instantly relate it with cancer. Now, postoperative tumours are distinguished in four grades, 'Grade-1' being the safest and 'Grade-4' being the most severe. The location of my 'Grade-1' tumour is such that the best way to eliminate it is by radiation therapy. My therapy started on 11th May and it will last for a period of one month. You and me, are not neurosurgeons so we do not understand the severity of this surgery. Most patients do not survive a tumour in the pons, and the lucky ones who do permanently lose some of their function like vision, speech, mobility, memory, coordination or even their face. This is because this facial nuclei and trigeminal nerve is just millimeters away from the lesion. So we can only imagine how meticulously Dr. Keki Turel has operated on me. This surgery has altered some permanently changed in me. One of them many being, it has evoked a religious side of me. 'Amor fati' which means, 'love of fate' is something that relate to currently. Everything happens for a reason.

Like anybody else even I thought that something so serious would never happen to me but it did and it almost felt like it was all over. Our health and our lifestyle is something that is very comfortably taken for granted by us. If there is anything that has helped me to recover, it is the constant will to live my life the way I want to. Right now all I wish to achieve is to clear my university examinations year. I don't want something like this to stop me from giving my university examinations. There have been days where I felt anxious and was unsure if life would ever be the same again. The want to recover is what makes me recover. The need to bring back the normalcy in my life is what stops me from giving up. Without the correct decisions made at the right time by my father, Aarif Khan; my mother, Aafreen Khan and my grandfather, Shahbaz Khan I wouldn't have made it this far. I am very thankful to Firoz Khan for providing me and making me accessible to the best of treatments. I am very fortunate to have been operated by one of the best neurosurgeons in the world, Dr. Keki Turel. A big thank you to dean mam, Dr. Sabita Ram. She personally came to visit me and spent a good 3-4 hours. Last but not the least, my friends have helped me recover this far more than anyone else.

DIGITAL DETOX

- Projesh Mukherjee (IIIrd Year)

Technology today as we know it has effectively taken over our day to day life. Existence is seemingly impossible without technology and rightly so. Science has progressed and research and development is at its zenith. Some say necessity is the mother of all inventions, however we must know to differentiate necessity from luxury. Technology should fulfil our necessities and not pander to our luxuries. This over-dependence creates many problems hence we must cut off if not completely, but at least to a certain extent where our lives don't completely revolve around gadgets and electronics.

Digital detoxification has now become a popular practice around the world where we take out some time from our extremely busy schedule and refrain from using any sort of electronics be it computers or mobile phones. It is looked upon as a measure to reduce stress. As a generation we are slowly but steadily getting so engrossed into gadgets and electronics that we are losing out on real world experiences. Virtual reality has effectively taken over to the point of us not having to get out of the house yet effectively communicating with the world with just the touch of our fingertips.

Yes a scientific marvel you could say, but can we deny that it has reduced social interactions and one to one conversation. Our idea of friendship as a generation is adding the person on Facebook and never bothering to spare a smile or a few pleasantries when we meet them in person. Research says the levels of stress and anxiety amongst people today are way more than what they used to be a few years ago and no the graph isn't going down anytime soon.

Stress increases and digitalisation is partly to be blamed for that. There is a constant urge to maintain our presence on social media, a constant need to keep strangers updated about our whereabouts, privacy has surely taken a backseat. Digital detox helps a person rejuvenate and replenish. We must all refrain from using any gadgets for at least an hour or more before we sleep so that we can cut off from the outside world a little and look within ourselves and find time for ourselves and our families.

Our endeavour to gather knowledge has decreased because all the information out there is available at our fingertips. A very convenient way of living but are we really striving hard to learn? Pick up a book, gather information, learn new things, experience nature, spend time with family. Technology will be there and will only get better with time but such moments are rare and we must cherish them to our fullest. Ironically enough, this article too has been written with the help of technology but I hope the message has reached across to the readers clear enough.

FEMINISM

- Saniyah Shaikh (Intern)

"Feminism isn't about making women stronger."

Women are already strong.

Its about changing the way the world perceives this strength;

And while we were busy "talking" about feminism some women worked on it.

(1) Sunitha Krishnan:

"For each of the girls that I have rescued, I have rescued more than 2,300 girls, each of the tell me one story they have in common. One story about one man putting chilli powder in her vagina, One man taking a cigarette and burning her, One man whipping her. We are living among those men.

"They are our brothers, fathers, uncles, cousins, they're around us and we are silent about them"

-Dr. Sunitha Krishnan co-founder of Prajwala, a non-governmental organisation,

Krishnan was gang raped by eight men at the age of 15. This incident served as the impetus for what she does today. She was awarded India's fourth highest civilian award the Padma Shri in 2016.

(2) Gulabi Gang:A pink saree revolution.

"What you allow, is what will continue."

"My fight is against injustice, that is something I will always resists. Until I die"

- Sampat Pal - Founder.

This women's group is popularly known as Gulabi or 'Pink' Gang because the members wear bright pink saris and wield bamboo sticks. Sampat says, "We are not a gang in the usual sense of the term, we are a gang for justice." The Gulabi Gang was initially intended to punish oppressive husbands, fathers and brothers, and combat domestic violence and desertion. The members of the gang would accost male offenders and prevail upon them to see reason. The more serious offenders were publicly shamed when they refused to listen or relent. Sometimes the women resorted to their lathis, if the men resorted to use of force.

(3) Suzette Jordan:

"The scar will never heal, but all I can ask for is justice"

In February 2012, she was allegedly raped in a moving car on Park Street in an upscale area of the city. She had to go through three tormenting years as many raised questions about the veracity of her version. While she brushed aside the snide remarks by police officers when she went to file a complaint, she stood her ground even when Chief Minister Mamata Banerjee described it as Sajano Ghatana (a fabricated incident). She fought a long battle, but passed away when the trail of the court had reached its final stage.

A prominent women's-rights activist and anti-rape campaigner from Kolkata, India also known as "The Park Street rape victim" fought till the very end and the prime accused Kadar and Ali were arrested in September '16.

(4) The cafe run by acid attack survivors:

In the shadow of the Taj Mahal, tucked between trinket shops, five women – all maimed in acid attacks– are waiting tables downstairs or cooking curries in the kitchen upstairs.

"Before Sheroes, I used to cover my face," Ms. Saini said. "I wanted to know why he did this to me."

"The idea at heart isn't a business, the primary focus has been to create awareness and to give them the confidence to show their faces in public after being disfigured." says Alok Dixit.

"One day she finally grasped that unexpected things were always going to happen in life."

And with that she realised the only control she had was how she chose to handle them.

So, she made the decisions to survive using courage, humour and grace.

She was the queen of her own life, and the choice was hers."

Because women like these drown oceans,

The wake up every morning to fight the same demons, that left them the night before, and that is BRAVERY.

And they are not survivors anymore, they're warriors.

And warriors don't give up, they don't back down.

They pick up their shield and fight.

And they fought, while the world stood there talking, Complaining, grumbling about the status of women in the society.

While we were busy talking about feminism,

While we were busy defining it,

While we were busy posting about it,

The stood up and fought.

They were strong enough to stand for themselves and now they are stronger so they are standing for everyone else too.

And they are the strongest people not because their strength is showcased on platforms now,

But because they won battles, we know nothing about.'

... while we were talking about feminism!

INTERNATIONAL LEFT HANDERS' DAY

- Aishwarya Dhumale (IInd Year)

Doing it the left way....

13th August every year is globally observed as left handers day. At first the whole concept of allotting a day to left handers seems absurd but little do we notice that this small difference of execution of motor skills causes inconvenience to left handers, in the surrounding which basically caters the needs of right handers. The motive behind observing this day is creating awareness about this little difference which exists among almost 11% of the global population.

It is indeed intriguing to know that left handers were criticized in the earlier times for being clumsy, dishonest, unlucky or even malicious which is totally nonsensical. There are numerous facts, myths and religious beliefs about left handedness.

The choice of handedness whether right or left remains a mystery for most of the researchers. The fact remains is that generally in most of the population the left cortical part of brain is more developed and working where as for left handers the right cortical part of brain is more developed and functional which causes the left handedness and execution of most of motor activities by left hand. There is nothing wrong in being left handed, children should not be forced to choose their handedness.

The whole paraphernalia about left handers being intelligent and about most influential people being left handed has nothing to do with their cognition. It is a mere coincidence. Left handers are believed to be more imaginative and creative because of the dominance of right cortical part of brain which controls the same. Along these years there have been so many changes in the whereabouts of left handers. As this small portion of the population is now known as community forming national and international association namely INDIAN LEFT HANDERS ASSOCIATION and INTERNATIONAL LEFT HANDERS ASSOCIATION, which provides membership, scholarship and organizes various events involving large mass of people.

Socially there has been upgradations in making certain places accessible to left handers. People no longer consider this small difference as something critical.

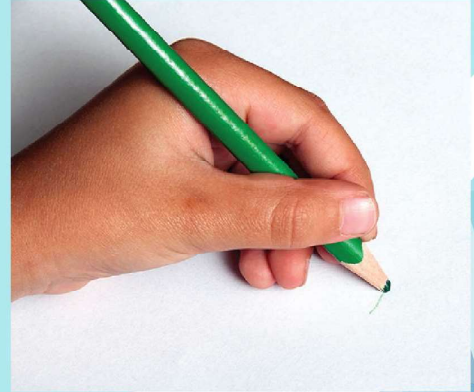
Being a left handed is not always a merry ride. Skeptical looks which we get are like 'The way you do things looks weird?' or 'how can you write like that?' and so on.

Imagine writing on a blackboard with a chalk, a left-handed person will end up either smudging off all of it while writing along with a chalky palm. Many things such as pens, tapes, watches and even the control panel on a gaming console has all major keys on the right side.

Just quoting a funny incident of mine. When I first went to my music classes I chose to play a guitar and guess what, I was so confused because I could not coordinate and ended up playing the chords in a weirdly opposite way.

Left handed people face certain social stigmas as well. For example, not to exchange money with your left hand, not to eat with your left hand or you are not supposed to extend left hand for a handshake. I wonder if these things even matter.

Talking about our very own field,



Being into Dentistry which involves a lot of skilled work, our institution MGM DENTAL COLLEGE AND HOSPITAL has been thoughtful and generous enough to install a Dental chair for left handed professionals in every department thereby making their working easier and accessible.

These small changes show our courtesy towards our fellow beings. I am left handed and it did bother me in the early years of my schooling but now it no longer bothers me as I consider it special.

Our work makes us who we are so the handedness seldom matters I guess!! I am proud to be promoting awareness about the left handers day. And indeed privileged to be in a place where in this little gift of mine is taken care of and this day is added to the list of various social events our institution conducts.

It is time to manifest the power that lies in the small difference within us. So next time anyone extends left hand for a handshake do not fumble cause it's just their gift of being left handed.

HAPPY LEFT HANDERS' DAY.



IQ V/S EQ- A DENTIST'S (MY) DILEMMA!

- Prerana Gaitonde (Intern)

"Age doesn't measure maturity and grades don't measure intelligence"

This is the line that probed my brain to ask the above question. Most of us are familiar with IQ or Intelligence Quolient- a score derived from standardized tests designed to assess human intelligence. Basically something to tell u if you're an Einstein or not. To those of you who don't know about EQ, allow me to enlighten you. EQ stands for Emotional Quotient, also popularly known as Emotional Intelligence. Defined by experts simply as "the capability of individuals to recognize their own and other people's emotions, discern between different feelings, and use this emotional information to guide thinking and behavior, and manage environments or achieve one's goals".

Now why the "dilemma" in the title, you may ask. It's because i can relate this whole heatedly to dentistry. I'm going to simply express what i have observed around me.

Here's an anecdote which I'm sure we all have experienced:

You've studied well and have been an average, if not ace student throughout your life. Fast forward to your clinical posting years. When you try and apply the knowledge you've collected, on the patient you may find it does not go very smoothly or at times even fails. It may seem so because it is difficult to execute bookish knowledge practically, at least initially. Well I think we are only partly correct.

When you get the case paper, you go through it, see what needs to be done and are charged up to start. You clear the case history and begin the procedure. And then in the middle of it your patient gets 'uncooperative', you get stuck, many a times call the staff. They handle it for the moment and u complete what u started.

Now going back to the moment when the patient was allotted to you, my friend.

Did you look him in the eye, greet him? Ask him if he's anxious/scared? Did you put yourself in his shoes, empathize with him and imagine how he feels in your chair? Lets be honest, most of the times the answer is a NO. And I'm not blaming you. Because we don't have the time!! Patient quota, exam tension, post end viva, a following lecture, the list goes on. SO MANY thoughts clouding your mind! Sometimes you get irritated to the point where u want the patient out of your chair faster than he himself wants to get! WHY? Why don't we consciously try to perceive his emotions, observe his behaviour- right from the moment he entered and sat in your chair, to the way he gave his history, to what his body language has been screaming throughout!?

This is something that will never be taught to you. I'm sure you all have seen even the most academically brilliant students doing clinical work unsatisfactorily, many a times the student being yourself. And it is not because you don't know what the book says but because you have not understood the importance of EQ, especially in a profession like ours.

So I urge you, to take a moment, give it a thought and ACT on it; for this is what you will be doing throughout your life. You will never be able to go home in a happy mood after a day of 'uncooperative and difficult' patients in your clinic. Neither will you be rewarded by patients for not informing them about a cancelled appointment in your college posting, because you bunked. It's the little things you do today that will build your professional character tomorrow.

Don't strive just to be an Einstein, be a feeler, be patient with your patient and if you still find it difficult, here's an advice on a lighter note: GO GET A DENTAL TREATMENT DONE! I'm sure I would've driven the point home by then.

MUSIC AND THE MIND

- Visalakshi S (Intern)

Ever found yourself destressing from a difficult work day by listening to some soothing melodies? Or trying to lift your sagging spirits with your favorite songs? Chances are, it always worked. That is because, whether or not you realized it, you were using a basic form of music therapy! Music therapy, in simple terms, is the use of music and its inherent characteristics to improve the emotional, physical and psychological well-being of a person. It works best when done by qualified, professional music therapists who not only have an understanding of the human body and brain but also of the effects of different types of music on the human psyche. In this article, we will analyze the simple basics of music therapy, with examples from both South Indian classical (Carnatic) and world music.

Music has two fundamental components – rhythm and melody. Let us consider the effect of each of these in turn on humans.

Effect of rhythm

The effect of rhythm on the human brain is significantly more than we realize. There is rhythm in everything around us – in the pounding of rain drops, in the breaking of waves on a beach, in the beating of the





heart. Our first exposure to a steady rhythm is in fact before we are born – as a foetus in our mother’s womb, we experience her steady pulse. This normal pulse rate of a typical human being – of 72 – 80 beats per minute – then governs our moods through our lives.

Any musical rhythm less than 72 beats per minute is slower than our innate rhythm, and has the effect of slowing us down, reducing physical and mental activity levels in hyperactive people and children with special needs, calming violent minds and so on. Any

musical rhythm significantly more than 80 beats per minute can have the effect of making us energetic, increasing physical and mental activity levels, treating people with depression and so on.

Effect of melody

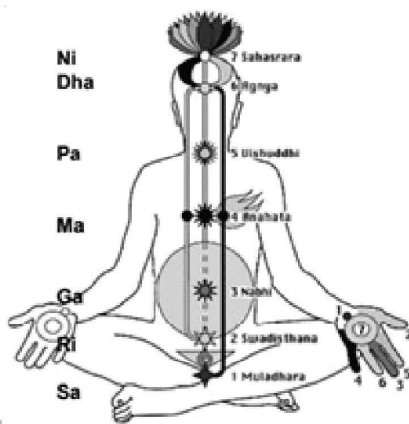
A song or a tune is formed by stringing together notes in various permutations and combinations. The pitch (or ‘frequency’) of notes, the tones and the microtones can have various effects on the human brain. Research has shown that minor notes (‘small’ notes or ‘komal’ swaras) can make us feel sad. When used appropriately, it can also be used calm hyperactive minds or bring down activity levels in special children



Music and the pituitary gland

The pituitary gland or the ‘master’ gland is the most important of the human endocrine system because it produces hormones that control many functions of other endocrine glands. Science has shown that particular frequencies are capable of stimulating the pituitary gland.

Connection between the 7 swaras and the 7 chakras of human body



Music, chakras and nadis

Indian spiritual science explains music and its healing effects by means of seven chakras (energy centres) in the body that are believed to be activated by and respond to various frequencies of music. For example, the Muladhara chakra is associated with the note Sa, the Swadisthana chakra with the note Ri, and so on. Ailments are believed to be caused by a loss of equilibrium in one or more of the seven chakras. So it is believed that the equilibrium can be gradually restored by listening to sound frequencies or music corresponding to that chakra. Minor notes are associated with the left side of each chakra, which is also called ‘Ida Nadi’ and controls emotion and intuition. Major notes are associated with the right side, also called ‘Pingala Nadi’, which is the side of logic. Scales or ragas that have a combination of the appropriate notes, therefore, can restore equilibrium in the body’s chakras. Music helps not only with mental healing, but also accelerates the recovery process of patients with physical ailments, those with speech disabilities (stuttering, stammering, etc.), those who have been in accidents

and so on. It has even been known to work at a sub-conscious level on people in a coma, helping them become more aware of their surroundings. Research has shown plants and animals grow better when exposed to particular types of music. Music is also recommended to pregnant women for healthy overall growth of their babies. Music also helps all humans keep an emotional balance. So in this day and age, with more and more people turning towards alternative medicine, there is little doubt that music therapy is a viable and effective adjunct, as long as it is practised by qualified music therapists in conjunction with other forms of music.

COTPA - WEAPON TO FIGHT TOBACCO : A REGULATORY APPROACH

- Dr Vaibhav Thakkar

There are around 275 million smokers in India. Approximately half of the people die in the middle age (35 – 69 years) due to the ill effects of smoking. Tobacco also has a huge damage on the health of the people of India. Around 900000 people in India are killed in a year due to the effects of tobacco use.

India has a population of around 1 billion, of which there are around 275 million tobacco users at present. To combat with the issue of increasing cigarette and tobacco users, the Government of India has initiated certain measures.

COTPA Act – The Cigarette and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce Production, Supply and Distribution) Act was enacted in 2003 to prohibit the advertisement and regulation of tobacco business in India.

Features of COTPA Act :

- Prohibition of smoking - The Act prohibits the smoking of cigarettes or tobaccos in public places except in the special smoking zones such as hotels, restaurants etc. Smoking is restricted in places such as hospitals, movie theaters, public transport, courts, educational institutions etc.
- Prohibition of advertisements - The portrayal of advertisements related to tobacco products or cigarettes is prohibited. The act states that no person should participate or promote the tobacco product advertisements. No person has the right to sell the visuals of such advertisement or distribute the pamphlets or documents related to these products.
- Excluded people - As per the act, the tobacco products should not be sold to people who are below 18 years of age.
- Depicting Warnings - The Act forces a pictorial warning depiction on the outer pack of all the tobacco products. Similarly, the cigarette packs should also contain a pictorial warning. Apart from pictorial depiction, the packs should also contain the texts such as Smoking kills or Smoking is injurious to health. (both in English and Hindi)
- Right to search - The act gives the power to any police officer who is not below the rank of a sub-inspector can search any premises where the tobacco products are produced or sold.
- Punishment for manufacturing tobacco - A person who manufactures tobacco products without the warnings on packages shall be punished up to 2 years in imprisonment or with a fine of Rs 5000. If he is convicted for the second time, he would be punished up to 5 years in imprisonment or with a fine of Rs 10,000.
- Imposing fine - A fine of Rs 200 is imposed on people for smoking in public place or selling the tobacco products to minors.
- Punishment to advertisers - The act also takes into account the people who advertise tobacco products. On first conviction, the person can be punished with a 2 years imprisonment or with a fine of Rs 1000. If convicted again for the second time, for the same reason, he shall be punished up to 5 years in imprisonment or with a fine of Rs 5000.

Measures taken by India to discourage smoking:

- India, being a signatory to UN framework Convention on Tobacco Control that prohibits sale of cigarettes through suitable regulations, will have to execute the anti-tobacco convention
- The Cable Television Network Amendment Bill has enforced prohibition on cigarette and alcohol advertisements since 8 September 2000. "Sponge" and "Mukesh" were anti tobacco advertisements started by the government which came in effect from 2 October 2012. These were replaced by new advertisements, titled "Child" and "Dhuan", from 2 October 2013.
- Taxation on tobacco products has soared sharply. Excise duty on cigarettes, cigars, cheroots and cigarillos has increased in the range of 11% to 72%.
- Smoking in public places was prohibited nationwide from 2 October 2008 under the Prohibition of Smoking in Public places Rules. Violation of this law will be fined with Rs 200.
- Smoking scenes in movies have to carry a preceding warning and pictorial warnings on packets is mandatory. The latter was notified on 3 May 2009 which came in effect from 31 May 2009. A ban on smoking from October 2, 2005 prohibited actors or actresses from smoking on screen.
- Although various measures have been taken by the government in order to curb the use of tobacco and generate awareness, it has met with very little success.

Facts & Figures

- **More than 70% of the cigarettes are sold loose in India.**
- **Around 9 lakhs of people are killed due to use of tobacco every year. This may increase to around 1.5 million by 2020.**
- **30% of the 15 years or above population either smoke or chew tobacco. Out of which 47% are men and 14% are women.**

“LOCAL TRAINS - THE LIFELINE OF MUMBAI”

- Dr. Vishal H. Punjabi (IIInd Year PG)

Mumbai is the city that never sleeps, this city of dreams is characterized by a never - say - die attitude. This city is unique in numerous ways; the fast paced lifestyle in this city is hard to find anywhere else in the country. This pace is definitely heightened by the lifeline of this city- The Local Trains.

If we consider Mumbai to be a human body, then the local trains are the circulatory system, just as the heart pumps blood 24x7 throughout our body, the Mumbai local train network allows an individual to travel across the length and breadth of the city with extreme ease and efficiency, thus aptly termed as the “lifeline of the city”

The Mumbai suburban railway system is the oldest in Asia launched in April 16, 1853, with the first train taking a one-and- a-half hour journey between CST (then Bori Bunder) to Thane, with a halt at Sion to refuel. Today, this system spans over 465 kilometers, operates 2,342 train services and is the cheapest mode of transportation.

The local trains in Mumbai have made some astounding achievements over all these years. They cater to 7.4 million commuters on a daily basis, making it the one of the busiest commuter rail systems in the world.

Every citizen in Mumbai has been affected in For a majority of people living in Mumbai, the local trains serve as the only way to commute to their place of work, as compared to the other modes of public transport in the city which prove to be inefficient when compared to the trains. These trains run non-stop, it is said that they only stop working for 3-4 hours per engine because the Mumbai locals remain closed for a period of just 90 minutes per day making it the busiest public transportation system in the world.

It is also interesting to know that not only is the Mumbai local an efficient mode of public transportation, but also without the local trains most of Mumbai would be hungry! The most efficient and world famous system of food delivery-the Dabbawallas primarily depend on the local trains.



Symmetrical Chaos by Meet Shah

Even though the city is changing and making progress slowly and steadily towards newer forms of public transportation like the monorail and metro networks, but no other public transportation is comparable to the gigantic network of the local trains. The Mumbai local trains are resilient and highly dependable even during any natural calamities especially during the floods in rainy season.

Whether it is the ever increasing load during peak hours or pouring down rain where we cannot see the rail tracks but we definitely see a local train hovering over the water and simply piercing through to reach the destination.

Without any doubt in our minds, the local train showcases the true spirit of the great city of Mumbai-the never dying spirit of a Mumbaikar!!

CLOSE ENOUGH

- Yoshita R Gowda (Intern)

"You know nothing Jon Snow" whispered Ygritte, reiterating the knowledge Indian women had gained eons ago. Their sons and husbands know absolutely nothing. As I sat in the bus and wondered, the similarity became obvious. Game of Thrones was the western counterpart of Indian TV serials. Allow me dear readers to walk you through my Eureka moment.

They start with a catchy introductory piece of music, which you just cannot stop humming. Every 90s kid will remember the lyrics to Kyunki Saas

Bhi Kabhi Bahu Thi better than their syllabus poems. They both have a huge bewildering family tree, and uphold the family values above all. In fact, the Lannisters take the message of loving thy family to a whole new level. There is also a clear fascination to the supernatural element in the story writing. The dragons, the seers, the white walkers and so on. On the Indian part we have DDS-Diya Detection Systems, which is a very easy and user friendly technology. The diya going off signifies danger to a family member.



Cersei and Margaery Tyler or for that matter between Tulsi Virani and her mother-in-law Savita Virani. People flock in great numbers to watch it. Some have been seen taking notes for later use. The writers' love for marriages, arranged marriages, love marriages, re-marriages provides a festive atmosphere in case the episodes start to turn monotonous. The Red wedding, the white wedding, Tulsi's wedding, Kumkum's wedding, Kumkum's wedding to her brother-in-law, wedding to the driver, gardener,

cleaner, tree, goat, Who can forget the repartee between Queen Cstatues ...you get the gist. And last but not the least is the concept of re-births. The audience is left heartbroken at the death of its favourite character. And they are known to protest violently. The result of which is the re-birth of Mihir and Jon Snow.

I hope this is proof enough that Game Of Thrones is the new age Indian daily soap. I rest my case.

A NIGHT IN THE ER

- Dr Yusuf Mistry (IIIrd Year MDS - OMFS)

It had been a long night. A bus skidded off the road into the rubble and stopped just inches from the open drain. The driver, a stubborn fellow, was adamant that he had not dozed off but could see through his eyelids. Anyways, he was so good at his job that he could drive blindfolded with one hand tied behind his back, he claimed. And what was the big deal he asked, only a few broken arms, a few scratches, one subdural hematoma. Not like anyone had died, did they?

The passengers, I assume, did not share his optimism and obviously had doubts about his talents as well. So, a group of them decided (the ones who escaped unhurt) to beat him up as a heroic gesture for others (the ones who were not so lucky). What they accomplished by this was hard to guess, given that now we had one more patient to treat. Well, more work for us. Thus began another shift of wailing, groaning, sticking, plastering and stitching.

Don't get me wrong. The casualty was as lively as a merry fish market. Which was unique considering it was two in the morning. And just like a market it had its own haggling occupants. Only they were not trading fish.

Mrs. Sharma who luckily survived the ordeal with nothing but a scratch, was sure that something was broken and we missed it.

"Doctor, my leg hurts. Did you check that out?", she inquired.

"Yes ma'am, it is just a bruise. It will be alright in a few days."

"Are you sure doctor? I have very fragile bones," she insisted.

"The x-ray has come clean." She seemed disappointed with that. I can understand how embarrassing it can be in society to survive a major accident with just a bruise!

"My head also hurts," she tried again. I was ready this time. "Hmm..." I said thoughtfully. "I think we should get a CT-scan done." I did not think that at all. However, she seemed delighted. So I went on, "Please pay two thousand rupees at the counter and we will prep you for a CT."

"You know what doctor, it has become less now. I think I am alright," she said. I smiled triumphantly. "Alright Mrs. Sharma, I will give you a prescription for some painkillers and if you have any more aches, come back immediately," I said kindly.

I just finished writing a prescription for Mrs. Sharma when I heard, "Psst!..Hey doc!". It was the man in the adjacent bed.

"Yes?" I inquired.

"Did you find anything wrong with me yet?" he asked. Intrigued by his question, I went through his file. "No head injury...no fracture...normal ultrasound...abrasion on cheek...you seem to be alright Mr. Gaikwad," I told him. He seemed crestfallen at this news. What was wrong with everyone tonight?! Everyone seemed disappointed that they were not hurt!

"Doctor," said Mr. Gaikwad hesitantly, "Could you please not tell my wife that I am alright. Please tell her that I have a concussion and need to be admitted," he begged.

"But why?!" I exclaimed.

"You see doctor," he said timidly, "She is taking me to my in-laws and..." he trailed off and shrugged his shoulders. He winked with a conspiratory smile. I gave him a dark look and walked away.

It was nearly 4 in the morning when we finished. The last patient was wheeled off to the ward and we all heaved a sigh of relief. One by one all residents went off to wherever they go at 4 in the morning. The residents got the beds in the ward next to the patients they treated. The interns got the stretchers and the morgue gurneys. Thankfully we have a room jus opposite the common bathroom. The smell is not so bad especially at four in the morning, if you are in a state to notice anyway.

I was just about to leave when the door to the casualty opened and another man was wheeled in. I groaned. He had a lip wound and apparently nothing else. "This one is yours," said the medicine resident as he hurried off before his presence could attract any more patients.

I dragged myself towards the man. He was a typical man, around forty, in his night vest and boxers, pot belly, hairy under arms and a complete disregard for personal and oral hygiene. My dull brain noticed his hands were tied.

"What happened sir?" I inquired with very little interest.

Ignoring my question he asked, "Do you think I am mad, doctor?" I did. So I said, "Of course not sir! I think you are very wise." He seemed satisfied with that. Apparently, his friends did not agree upon his wisdom and one of them thought it was a good idea to show him his place by punching him on the face. He took it like a gentleman and forgave the man for his jealousy... or so he claimed.

"Quite nice of you, sir," I said while I patched up his lip and he thanked me. "Can you untie my hands, now?" he requested. I saw no reason not to do so and untied him and asked the nurse to give him a shot of tetanus (just in case) and send him home.

I was just about to leave when the nurse called me back.

"He doesn't know where he lives," she said tiredly. "What am I supposed to do?" I replied tiredly. She gave me a dark look. "Let him sleep here for a bit. We will ask MS sir in the morning," I said meekly.

I finally made my way to the doctors' room and collapsed in the bed.

I was awakened two hours later by my colleague. "Wake up! There is drama in the casualty," he said happily. We hurried to the casualty.

This was what had apparently happened. When the nurse tried to give a patient a tetanus shot, he thought he was being attacked and slapped her. The security guy decided it would be smart to poke him with a stick in reprimand for this. It possibly further convinced the patient that he was being attacked and snatched the stick from the security guy. Being thus disarmed, he suddenly remembered it was the end of his shift and quickly ran away as fast as he could. The nurse, although angry, did not feel the need to confront the patient, now armed him a stick. She was just not paid enough, she decided. However, in order to imprison her attacker she locked the casualty door from outside not realizing it was made of glass. The patient by this time convinced of a conspiracy against him thought it appropriate to smash all the glass bottles and equipment in the casualty.

He was still in his smashing spree when we arrived. There was a large crowd near the casualty peeping through the door.

"What on God's Earth is happening here!!!" roared the voice of the MS from, behind us. The head nurse who is a jolly woman immediately replied, "A madman is breaking all the equipment in the casualty," she declared matter of fact-ly. "But don't worry sir, one of my nurses has locked him inside," she added with pride.

"If he was mad then why was he not tied to his bed!" MS sir exclaimed incredulously. "He was actually.." began the nurse who got slapped. She caught my eye as I pleaded to her wordlessly by joining my hands. "...he must have loosened it himself..." she trailed off.

It was at this moment the madman realized that the door, too, was made of glass and went for it. All of us scattered like flies, running in all directions. He managed to shatter the glass in his second attempt and looked out into the now empty corridor. He marched up and down the corridor occasionally smashing a tubelight or two which seemed to offend him.



Finally the police arrived. Two officers positioned themselves on either side of the corridor and one of the more brave-hearted residents went behind them armed with a shot of midazolam. They slowly closed in on him and then in a spectacular tackle one of the police men pinned him down while the other snatched his stick. The resident in a show of heroic bravery pounced on him and delivered a syringe-full and one more for extra measure. The madman from under the policemen recounted everyone's mothers and sisters before he fell into deep drug-induced slumber while mumbling things that would make many people's ears fall off. This time he was bound quite securely and shipped off to the psych ward.

The head nurse who always sees the positive side of things concluded, "At least we will get new equipment and a new door. I hated the old one..."

Sushruta Awardee Dr. Sabita M. Ram

Early morning as I enter the college, students are adjusting their name plates and checking their ID cards. You hear about her before you see her. Very few people can make an impression like she does. She was the first girl from GDC, Nagpur to join the Army, ex-president of IPS, course writer of Indra Gandhi Open University and has been inspiring young minds the right way to mould shellac base plates for 30 years now.

She has played a monumental role in the progress of MGM dental College, the result of which was an accreditation of A grade by NAAC. She has a way of getting things done. Fondly known as the "dynamic dean", Dr Sabita Ram has recently added a feather to her cap by being awarded the Sushruta award for "Empowered Woman Dentist Of The Year 2016".

1. Where did you study your UG and PG courses?

A. I have graduated from GDC Nagpur and my masters in Prosthodontics from GDC Mumbai.

2. What was your first job? What are the different institutions you have worked?

A. I started my career in the Army Dental Corps I 1976. I have worked at the Dental Centre in Bhopal and command Dental centre in Pune. I have also worked at GDC Mumbai, GDC Nagpur, D Y Patil Dental College, Mumbai.



Dr Sabita M. Ram receiving the Sushruta Award

3. You have recently won the Sushruta award, what do you feel about that??

Getting awards are always wonderful. I feel, that they are recognition of the work one has done over the years. They instill confidence in you.

4. How is life different as an academican in a college set up and in the army?

Army was the first step in my career. When we joined the army there were 73 of us with only 3 girls. As soon as we got commissioned we were sent for a basic course when we had doctors and dental surgeons together. It was 3 months getting up at 5am running to the field for the PT then military training, lecture on combat going for point marches 25kms, navy camps, pitching tents and enjoying the camp fires. We

were posted in Dental centres where we took care of the Dental health of the troops, up keeping records, holding inspections and working with the medical staff.

I have spent most of my life being an academician, imparting knowledge to the younger generations and sharing experiences. Each day and year has been a challenge.



The Army Dental Corps 1976-49 MOPC



Indian Prosthodontic Society President 04 - 07
Scientific Chairperson for the
44th Indian Prosthodontic Society Conference

5. Is there any piece of advice you would like to give to the beginners wanting to make a career in dentistry or as a Prosthodontist?

A. When you look at the complete denture patient don't just think about giving him a maxillary and mandibular prosthesis. Treat him as a whole. They are at a stage in life when their voices are not heard. It is our duty as a doctor to try and fill that gap.

Always listen to your heart and try to excel in simplest procedure that you do. Set your priorities and look up to be the best.

The Treasurer of Knowledge Dr. Niharika Swain

- Compiled by Komal Madhwani

1. How would you describe your experience in UG and PG? Which was more fun?

A: Postgraduation!!!

In UG, we don't have much choice. Though Opath was not my first choice, I moved forward with positive vibes. The day I entered R. Ahmed Dental College, I realized that the faculty which is considered 'nonclinical' throughout is very much 'clinical' there! With 40-50 OPDs a day! Right from the collection of biopsies to its processing and staining entire case was operated by us.



Dr Niharika Swain with her works

2. When it comes to pursuing the course of MDS why did you take up Oral Pathology in particular?

A: This was a brief topic of discussion for my father and I. My grandmother lost her life to cancer. This was a bitter truth to accept. My father was very close to his mother. We were three siblings, he wanted one amongst us to study this dreadful disease! Me being the eldest was supposed to pursue it. Also there was an ideology, that girls being more compassionate would do more justice to it.

3. What do you consider your most profound reasons for wanting to join the faculty of MGM?

A: Actually, it was a coincidence! My husband shifted here and I was in Orissa then! There I got the job and everything was settled. But as we say, it was a destiny call! I came here and both the colleges DY PATIL & MGM called me for the interview on the very same day! As MGM was nearer to my place (Kamothe) I chose to go for its interview first! It was at this place that I met Dr. Poonja and the warm interaction that I had with her filled me with contentment! I was much overwhelmed and immediately signed the joining letter on 26th July

4. What are the papers that you have published?

A: At undergraduate level, I was a Gold medalist in Anatomy and Medicine. I was also the University topper in MDS.

Since 2010 I have published around 50 scientific publications in national and international index journals. In addition to this there are 13 books and book chapters which are a part of this academic journey. Paper and poster presentation at both national & International forum.

I would like to add that this department has given me a wonderful opportunity and a suitable environment to spare time for additional research work.

5. You have been termed as "The Treasurer of Knowledge"! What is the secret behind this?

A: Whatever I have gained today is because I believe in asking 'WHY'.

Even my son has grown like that now. One fine day he came asking me, why is shoulder spelt as S-H-O-U-L-D-E-R and not S-H-o-L-D-E-R? Why is there an extra 'U'? So I have to go till the depth of the English language to answer that 'WHY'. If you feel I have some knowledge it is behind that 'WHY'.

6. Describe the biggest tragedy you have ever been involved in. How did you tackle the situation?

A: I went through an accident in 2006 and suffered from temporary loss of memory! That was the biggest setback of my life. I have seen people changing with time and even my fixed marriage was broken after that. I realized there was a seismic shift in my life when I revived it. My father came up with an oral pathology book one fine day... and this was a complete U - turn for me because I had to start from zero!!

But life has a way of surprising you. It was after that incident that I met my husband. He was looking for me for 17 long years. He was my school friend. After searching for me when he finally found my number he called me one fine day and proposed. It was like a fairy tale for me! Life is beautiful right now!

'Whatever happens is for Good' this is what I believe in!

Rajgopal Rai, my mentor and my guide always said this:

**"TRY NOT TO BECOME A MAN OF SUCCESS,
BUT RATHER TRY TO BE A MAN OF VALUE."**

Eminent Oncosurgeon Dr. Sagar Vaishampayan

- Compiled by Shalu R Shah (Intern)

Dr Sagar Vaishampayan is an eminent, skilled and successful oral and maxillofacial surgeon who has been performing innumerable surgeries. Let us know more about him.

1. What is your professional background?

A:

Professional Education :

B.D.S (MUHS),

M.D.S (Mumbai University) - Specialization in Oral & Maxillofacial surgery

Additional qualification :

Fellowship in Head Neck Cancer surgery- Tata Memorial Hospital, Mumbai

Fellowship in Cranio-maxillo-facial surgery(AOCMF), ULM, Germany

2. Why did you choose to specialize in Oral Surgery?



Dr. Sagar Vaishampayan

A: Since my 3rd year BDS, I realized that I love doing clinical work. Subjects of General surgery & General medicine are & were my most favorite subjects. In my 3rd year, I used to go to the hospital wards, used to find cases prior to demonstration clinics, take case history, prepare and read about it and then present it before the staff/faculty the next day.

One evening when I was examining a patient with parotid tumor in the ward, the ENT surgeon who was supposed to operate him in a couple of days, had also come. Finding my enthusiasm in the subject, he asked me whether I would like to see the surgery? "Yes, of course Sir"!

The entire experience of witnessing parotid surgery impressed me so much that I always wanted to pursue a career in surgery. Hence I concentrated on what I could do as a dentist-Oral & maxillofacial surgery!

3. What do you like the most of your specialty?

A: My specialty offers versatility and unparalleled job satisfaction. I think it is the most challenging of all dental specialties. We all, as Dentists get to serve & improve well being of our patients but as Oral & Maxillofacial surgeons, we sometimes get to save lives too! It is the most diverse of all medical and dental specialties. After specialization, one can continue practicing general dentistry, some get into practicing dentoalveolar surgery like-wisdom teeth, apico-ectomies, implants and bone grafting.

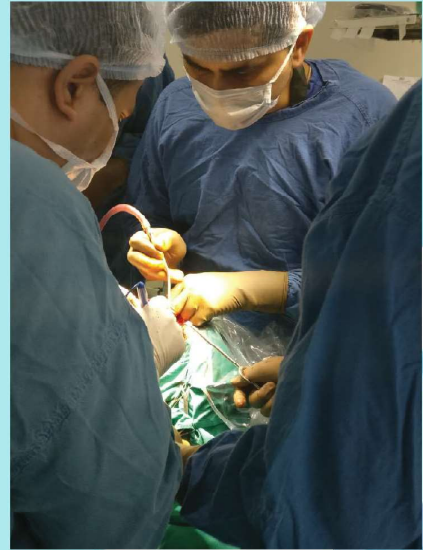
One can venture into facial trauma and emergency care, infections, can take training in esthetic facial plastic surgery & orthognathic surgery. With training we can treat benign and malignant tumors of the face & the jaws. Few of us get training in facial reconstructive & micro vascular surgery. Some get to treat TMJ disorders and facial pain. One can take training and end up treating patients with cleft lip & palate, craniofacial syndromes & malformations.

4. What are the key challenges that you face?

A:I. Training duration is longer than other dental specialties and is practically never ending!

II. If you do Major surgery-be ready to face Major complications! We, very very very rarely, get to witness death too! The saddest part for any doctor's profession!

III. Face being the most prominent part of the body-many specialties take claim. We have to compete with ENT surgeons, Plastic surgeons, Orthopedicians, Neurosurgeons, General surgeons,Oncosurgeons, Dermatologist and the list is endless.



The Surgeon at work

5. What are your strengths & weaknesses as Oral & maxillofacial surgeon?

A: My specialty requires that I am always updated while needing more and more sophistication, at the same time. Strength & weakness both together!

6. Any message you want to give your future budding dentists?

Follow your heart and passion so that your work becomes enjoyment and satisfaction! No money can buy that!

A Rising Star In Public Health Dr. Ovi Wagh

- Compiled by Shalu R Shah (Intern)

Dr Ovi Wagh is a dentist by qualification, aiming at building a successful career in the domain of Healthcare. She is going to do Masters in Public Health at Boston University, majoring in epidemiology and biostatistics.

1. What made you take this field ?

A: Basically, I always felt that we live in an age, where post - graduation is an absolute must. The competition we face is challenging, and a Masters can give you an edge. Maybe not today, but when you are in an industry for 20 years, irrespective of the career path you choose, there comes a stagnancy and a Masters degree can pull you out of it. However, I realised that MDS is not for me, and that is when I started looking at other options. I came across Masters in Public Health and found it to be an interesting career choice, so I decided to find out more about it. Along with basic methods like internet searches and guidance from seniors, I contacted people from LinkedIn, including people I did not know and got some interesting insights from all over the world. As I continued my research, I realised that Healthcare is much more than we can see at this moment. It is a classic example of the Iceberg phenomenon, and it is largely unexplored. I strongly believe, that Healthcare is the Information Technology of our generation, because this field is still in its adolescence, and when something you are a part of, is growing, the opportunity for personal growth multiplies.



Dr. Ovi Wagh

I wanted to know if my understanding is correct, so I decided to give myself a year and get some work experience. I think fortune does favour the brave, because I cracked the first interview of my life, and found myself working in the world's top Contract Research Organisation, QuintilesIMS as a medical writer. I loved the job and realised I made a good decision. I applied for Masters in Public Health and got into Boston University, which is among the top 10 colleges in the USA for public health with an "International Scholars Award" and a scholarship to go with it. That was my biggest affirmation and I realised that this is where I am meant to be.

2. What are your strengths and weakness?

A: I think my strengths are my confidence and the ability to use whatever skills I possess. My biggest weakness is that I am lazy. My biggest strength is, that I was lazy. Introspection is the key to everything I ever did. At some point in my life I realised, that laziness does not get you anywhere and there are only so many excuses you can make and so I simply bucked up.

3. Tell me about your work.

A: I was working as an Associate Medical Writer for QuintilesIMS, basically collaborating with various branches of the clinical research process such as biostatistics, pharmacovigilance and clinical data management to create descriptive, accurate and concise clinical documents regarding various phases of clinical research to match a pre-determined standard of ethical, scientific and regulatory considerations which are recognised globally.

4. What are the ways you use to improve your knowledge?

A: I have two major answers. One is Coursera, a site which allows you to do free online courses from reputed universities which are recognised, you can add these courses to your resume and use them to build your profile. Another answer is people. There are so many people around you who are smart and have a lot of experience.

5. What motivates you to put your best foot forward?

A: The realisation that a big investment in the form of effort and hard work right now can give me tremendous professional returns later in life and that I have a massive opportunity in terms of career growth, which is rare in my opinion, is what motivates me to put my best foot forward.

6. Any message you would like to give your buddies?

A: I will say that use your internship to explore what you want. Identify your strengths and your interests. Take every challenge you are offered and don't worry about mistakes because now is literally the time to make as many as you can so that you don't make them later in life. And lastly, if anybody thinks I can help you out in any possible way irrespective of whether we were friends in college or even knew each other personally, let me know. I may not be very prompt, but I will do what I can for you. You can contact me at oviwagh04@gmail.com.

भारतीयांचे गूढत्व

- सुदीप म. चौधरी (ईण्टर्न)

'गर्व आहे मी भारतीय असल्याचा..!' अशा भावना जागृत करणारा एक क्षण आला तो म्हणजे 24 सप्टेंबर 2014 रोजी. त्या दिवशी भारतीय अंतराळ संशोधन संस्थेने (ISRO) ने बनवलेले मंगळयान दहा महिन्यांमध्ये ६५ हजार कोटी किलोमीटर अंतर कापून मंगळावर पोहोचले. भारत हा जगात पहिला असा देश बनला ज्याचे पहिल्याच प्रयत्नात यान मंगळावर पोहोचले.

'India is an old country, but a young nation; and like the young everywhere we are impatient. I am young, and I too have a dream. I dream of an India strong, independent and self-reliant and in the front rank of the nations of the world in the service of mankind.' हे उद्गार भारताचे माजी पंतप्रधान 'स्व. राजीव गांधी' यांनी 13 जून 1985 रोजी वाशिंग्टन मध्ये काढले होते.

एकिकडे भारताचे शास्त्रज्ञ आपले यान मंगळावर पोहचवत आहेत, तर दुसरीकडे याच भारतातील काही लोक आपल्या पत्रिकेतच मंगळ शोधत आहेत. हि अंधश्रद्धा जणू भारत मातेवरील कलंकच आहे, समाजाला लागलेली किड आहे. 15 ऑगस्ट 1947 रोजी आपल्याला स्वातंत्र्य भेटले. भारताचे पहिले पंतप्रधान पं.नेहरुंनी रात्री 12 ला लाल किल्ल्यावरून भाषण केले, पण रात्री 12 हिच वेळ का निवडली गेली? माउंटबॅटन यांना 15 ऑगस्टलाच स्वातंत्र्य द्यावे होते.

ब्राम्हणांच्या अनुसार 15 ऑगस्ट हा अशुभ दिवस होता. म्हणून भविष्यवेत्त्यांच्या सांगण्यावरून एक शककल लढविण्यात आली, हिन्दू पंचांगानुसार दिवस सुर्योदयाला सुरु होतो तर इंग्रजी दिनदर्शिकेनुसार रात्री 12 ला. म्हणून चतुर्वर्णात सर्वात उच्च श्रेणीवर (स्वयंघोषित) असलेल्या मनुवादी लोकांनी सांगितले की, पंतप्रधानांचे भाषण रात्री 11.51 ते 12.39 या वेळेतच संपायला हवे. पंतप्रधानांनी दिलेल्या वेळेवरच भाषण सुरु केले. ".....At the stroke of midnight hour, when world sleeps, India will awake to life and freedom.... " आणि शंखनाद होऊन भारत स्वतंत्र झाला. पण भारत खरच स्वतंत्र झाला का? होय... देश म्हणून झाला खरा पण देशातील माणूस 70 वर्षांनंतर सुद्धा वैचारिक पारतंत्र्यातच आहे. एकिकडे डॉ. ए. पी. जे. अब्दुल कलाम, डॉ. मनमोहन सिंगांसारखे लोक देशाचे राष्ट्रपती, पंतप्रधान बनतात तर दुसरीकडे डॉ. बाबासाहेब आंबेडकरांनी लिहिलेल्या घटनेची जेव्हा मुख्यमंत्री, मंत्री शपथ घेतात तेव्हा बाबा बुवा लोक त्यांच्या व्यासपीठावर उपस्थित असतात, तर कुठे हे बुवा लोक मंत्री, मुख्यमंत्री बनतात.

भारतात बहुतेक ठिकाणी पितृप्रधान संस्कृती आहे. बापाला घरात महत्वाचे स्थान आहे. पण तोच बाप मेल्यावर या पितृप्रधान संस्कृतीमध्ये त्याला कावळ्यात का बघतात?

"ज्ञान नाही, विद्या नाही
ते घेणेची गोडी नाही,
बुद्धी असूनही चालत नाही,
तयास मानव म्हणावे का?"
-सावित्रीबाई फुले

मैत्री

- प्रदच्या महलकरी (ईण्टर्न)

मैत्री ..एक गोड अविस्मरणीय नातं..

लहान-थोर सर्वांनाच हवाहवासा वाटणारा हा बंध...!!!

"ऐक ना, तुला एक सांगायचंय" असं सहज म्हणून

घटकेत मन मोकळं करण्याचं सामर्थ्य असणारं हे नातं...!!!

आपल्या आयुष्याच्या सुंदर मंदिराचा कळस म्हणजे मैत्री,

सुखदुःखं समजून घेणारी, वेळी-अवेळी मदत करणारी,

अलगद आपली गुपितं जपून ठेवणारी, ही मैत्री...!!!!

आपल्या स्वभावाचा प्रत्येक पैलु जाणून

कठीण परिस्थितीत तारून नेणारं,

डोळ्यातलं पाणी हळूच टिपणारं,

आणि निरर्थक विनोद सांगून खुद्कन हसवणारं हे नातं...!!!

भाग्यवान आहे मी, की हे सुंदर नातं,

अनेक रूपांनी माझ्या आयुष्यात डोकावलं,

"पागल आहेस का तू, जाऊ दे ना सोड"

असं सांगत काही शब्दांनी त्याचं महत्व वाढवलं..

प्रत्येकाच्या जीवनात सुखांचा आणि आठवणींचा ठेवा ठेवून जाणारी

अन् सगळं काही विसरून, पुढचा प्रवास करायला शिकवणारी

अशी ही मैत्री...

"मुंबई"

- निलम कृष्णा ढोंबरे (ईण्टर्न)

स्वप्नपूर्ती करणारी जादूनगरी.....
भरकटलेल्यांसाठी दिशा.....
ध्येयवेड्यांसाठी आशा.....
रेल्वे म्हणजे इथली जीवनदायिनी
तर मुंबा देवी इथली जगतस्वामीनी...
आकाशाला भिडणाऱ्या इमारतींपासून धारावीपर्यंत..
डबेवाल्यांपासून मोठ्या उद्योगपतींपर्यंत
साऱ्यांना सामावून घेणारी...मुंबई
विविध धर्मियांची दुनियादारी म्हणजे मुंबई
सिनेतारकांची कर्मभूमी.....मुंबई
आर्थिक हालचालींची राजधानीमुंबई
घड्याळ्याच्या काट्यावर चालणाऱ्या यंत्रवत मानवाची.....मुंबई
लोकल ट्रेनची गर्दीचवदार वडापाव....मुंबई
मरीन ड्राइव्ह वरील वारा....परदेश अनुभूती देणारा सिलिंक
राणीची बाग ...जूहूबीच वरील भेळ...मुंबई
ब्रिटिश स्थापत्य कलेच दर्शन घडवणाऱ्या इमारती म्हणजे मुंबई
क्या यार ...चील मार...पका मत अशी
भाईगिरीची भाषा बोलणारी....मुंबई
गरमीने त्रस्त होऊन पहिल्या पावसाची आतुरतेनं वाट बघणारी...मुंबई
एका बाजूला सह्याद्री...तर दुसऱ्या बाजूला अरबी सागराची साथ लाभलेली... मुंबई
महापूर, दहशतवाद अशा भीषण संकटांना धैऱ्याने सामोरे जाणारी...
पुन्हा त्याच उत्साहाने धावणाऱ्या मुंबईकरांची...मुंबई
फॅशनचं दुसरं नाव...महाराष्ट्राची शान...मुंबईकरांचा अभिमान... "मुंबई"...

होस्टेल लाईफ

-प्राजक्व प्र. भिवरे (ईण्टर्न)

पाण्यात दगड टाकता, येती वर विविध तरंग !
होस्टेल लाईफ शिकवते, जीवनाचे अनेक रंग !!

घरापासून दूर राहण्याचा, होता अनुभव पहिलाच !
पण कॅलेंडर मधल्या जोडून सुट्ट्यांचा, आनंद काही वेगळाच !!

घरच्या जेवणाच्या आठवणीत, प्रत्येक दिवस जातो मेसचा !
तेव्हाच शोध लागतो, आम्हाला वेगवेगळ्या रेसीपीजचा !!

भांडण-तंटे तर, जीवनाचा अविभाज्य भाग असतो !!
पण त्या अनुभवांच्या शिदोरीचा उपयोग, आयुष्यभर करायचा असतो !!

परीक्षांच्या ऋतूत सरली वर्षे कशी, कळलच नाही कधी !
परीक्षेला वेळ आहे म्हणता म्हणता, PL संपायची अर्धी !!

होस्टेलवर असताना, घरची ओढ काही वेगळीच असते !
पण घरी असताना होस्टेलच्या आठवणीत, मन रमून जाते!!

होस्टेल सोडताना असणार पाणी, सगळ्यांच्याच डोळ्यात !
घेवून फक्त आठवणींची कुपी, जिचा सुगंध कायमचा मनात !!

MISCELLANEOUS

MGM PIXELS

SKETCHES

STAFF SPECIAL

**THE
GASTRONOMIC
TOUR**

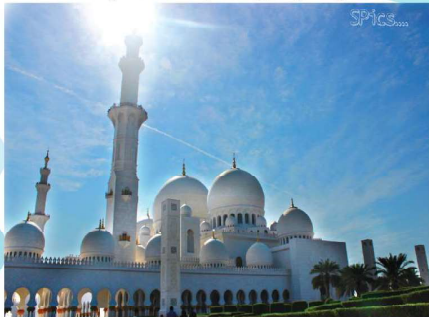
**HALL OF
FAME**

MGM PIXELS

Architecture



Gazing
By Neeraj Kolge (PG)



The Glorious Bubble
By Shaili Mehta (IIIrd Year)



Monochrome Intricacies)
By Madhura Vairagi (Intern)

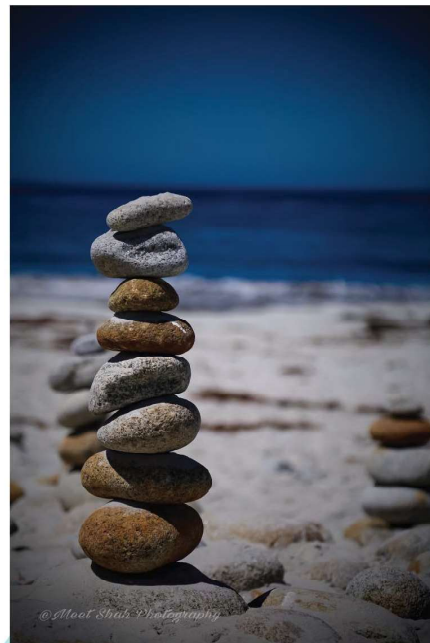
Nature



Green Mosaic
by Aditya Nandan



The enchanter
By Shaili Mehta (IIIrd Year)



The Delicate Balance
By Meet Shah(Intern)

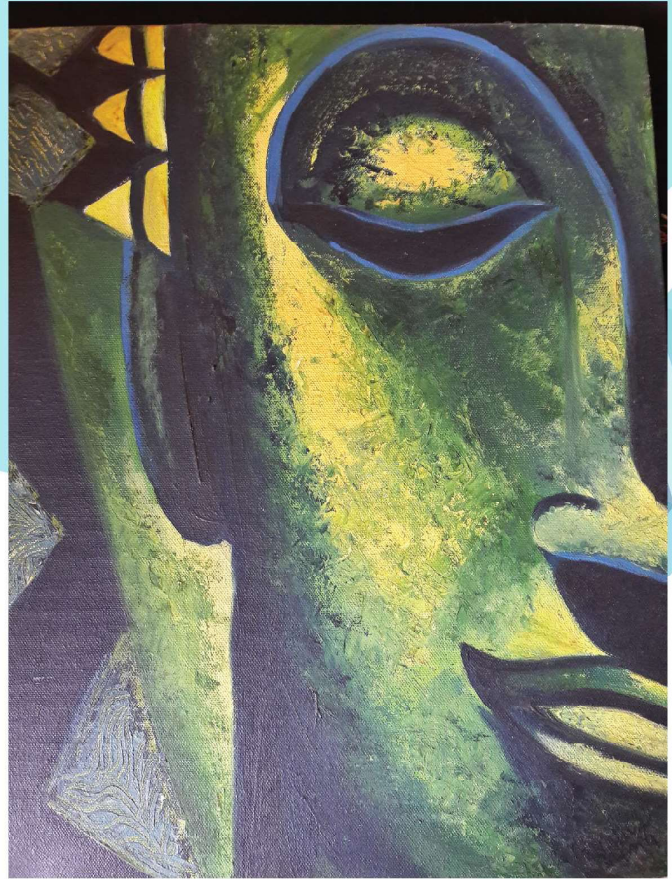
SKETCHES



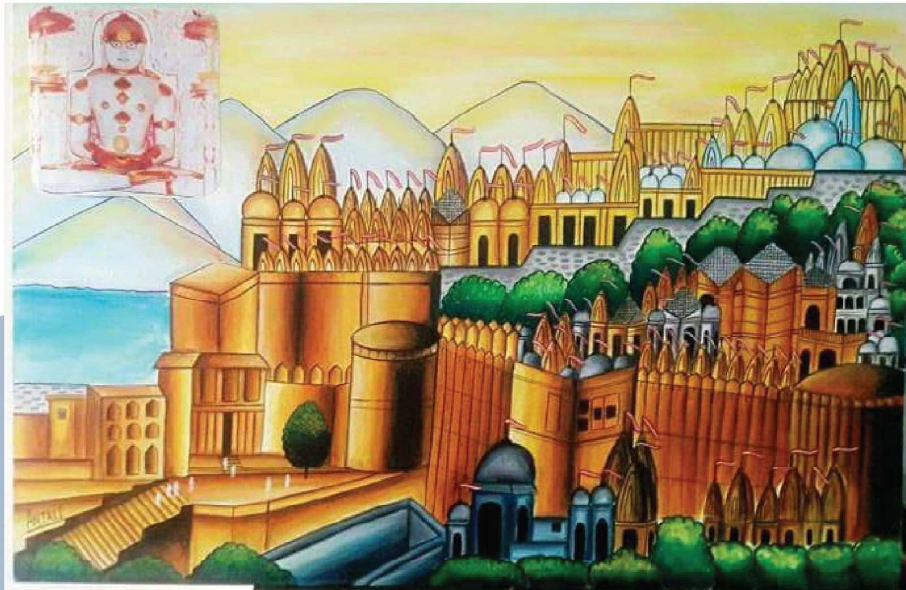
Aurora
by Sonal Pansare (Intern)



The North Remembers
by Swapnil Sawant (Intern)



'The Enlightened One (Oil on Canvas)
by Rumjhum Ranbhan (Intern).



The wonder
by Anjali Gala (Intern)

THEY ARE JUST LIKE US (Staff Special)

- Compiled by Ayush Jaggi

We have all been there haven't we? Staring at your fingers with the staff staring at you? That awkward silence after the question has been asked and you don't really know what to say because it's basically the first time you've ever heard of that word? There have been times when the tables have been turned. Kyunki Staff Bhee Kabhi Student Tha seems like a great TV show doesn't it? But you don't realise that you only see them for the six hours in college. They do have a life of their own, sort of like the private lives of the celebrities we read and hear about. Can you guess who does what???



1. Diagnoses the stock markets

A. Dr. Adil Gandevidala



2. Studies mutations of Bhopal gas tragedy victims

B. Dr. Varsha Patel



3. Marathon runner

C. Dr. Shouvik Mandal



4. Snapchat Guru

D. Dr. Jigna Pathak



5. The Travel Bug

E. Dr. Bharat Gupta



6. The Surgery Superhero

F. Dr. Divij Joshi



7. The Table tennis Expert

G. Dr. Vaibhav Thakkar

Key (1-b, 2-c, 3-d, 4-g, 5-f, 6-a, 7-e)

THE GASTRONOMIC TOUR

- Compiled by Kiran Wadhvani

Winnie the Pooh loves honey, Homer Simpson is a fan of donuts, Bugs Bunny hogs on carrots and Popeye was the brand ambassador of spinach. These characters have taught us a valuable lesson, 'Food Is Bae'. The MGM Campus has its own share of lip-smacking delicacies. So we went hunting.



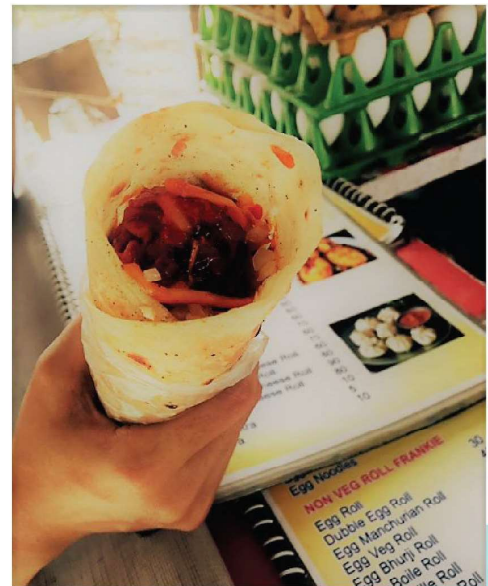
1. Canteen ki Dal Khichadi



3. Chai Shai pe Chai



2. Prabhaker ki Maggi



4. The Frankie outside college

P.S: Joey doesn't share food and neither should you!

HALL OF FAME

- Compiled By Shruti Daptardar (Intern)

*Yeah, You could be the greatest
You can be the best
You can be the King Kong banging on your chest*

1. Apurv Kinkar (State Level Athletics)

The boy who is well remembered for the time he dressed up as a goonda in the Character Day of the college fest. Apurv is a very helpful person, who was recently seen writing till the last drop of time during his University exams. Scholar much?

"Respect your sport and the competition, it pays you back.

You either win or learn."



2. Hamza Salema (District Level Football)

The one with the chocolate boy looks, Hamza is almost always caught by the Prosthodontics staff while executing his mischiefs! But his friends think of him as a deeply caring person who prioritizes his family above all.

"The thing I love about the game is, it takes me to some other place altogether. When I'm on the field playing; it is just me, my team, the ball and fight to win."



3. Simran Chaudhari (National Level Tennikoit - Ring Tennis)

The dimpled girl is always up for a game. She is bold and independent. And very accepting of red velvet cupcakes. She was awarded the Miss Fresh face in her first year. When Simran is on the field, the whole college shows up to watch the game.

"On field, no one is superior or inferior. you are a sportsperson and so are they. All you need to do is give your best shot."



4. Ratan Upadhyay (State Level Cricket)

The corridors of MGM sound merrier because of Ratan. The in-house Arijit Singh is a selfless and generous soul. If you meet him, beg him to show you one of his famous mimics. He will do one for you, if he is not too busy admiring himself in the common room mirror, and seeing Shahrukh Khan in there.

"Love and respect the game. It is a game of uncertainties they say, so never lose hope until the last ball is bowled."



5. Bhavika Shetty (State Level Basketball and Football)

The crowd screams 'Jaa Babitaaa....' when she moves towards the goal. She is known for her frank attitude in life and well respected for it. Bhavika is the kind of person who will stand up for her friends.

"I have had the best cheering squad here in MGM and I'm definitely going to miss that when college ends!"



6. Mehul Bhoje (Cricket)

At first glance Mehul is a shy person. But his friends are lucky to know the other side of him. The jolly good fellow who is quiet a chef and is famous for his "Shev bhaji". He is crazy about the movie 'Bahubali' and has watched it in multiple languages.

"Go ahead. Follow your dream.

And may the odds be in your favor."



THE VAULT

**The College
Council**

**Teaching
Staff**

**Non-Teaching
Staff**

Students

Interns

**The Creative
Team**

The College Council

"The goal isn't to live forever, the goal is to create something that will!"
- Chuck Palahniuk



The Non - Teaching Staff



Administrative Staff



The Support Staff



Library Committee Guardians Of The Parchments



Department of OMDR
The Mutants



Department of Oral Surgery
The swag Is In The Scrubs



Department of Public Health Dentistry
Who Run The World!



Department of Prosthodontics
They put the dent in dentures



Department of Pedodontics
The tooth santas



Department of Periodontics
Minimum height requirement of 6ft



Department of Orthodontics
The Wire Ninjas



Department of Conservative Dentistry
GP Nerds



Department of Oral Pathology
Paint the town H & E



Post Graduates

"It is our choices that show what we truly are, far more than our abilities"

- J K Rowling



1 Year

"if we wait until we're ready, we'll be waiting for the rest of our lives"

-Lemomy Snicket



II Year

"If you are making mistakes it means you are out there doing something"
-Neil Gaiman



Toppers:

Ist Bds Summer Examination: 1. Ashly George 2. Suprabha Krishnakumar 3. Amruta Naik

III Year

"Not all those who wander are lost"
- Tolkien



Toppers:

Ind Bds Summer Examination
Ind Bds Winter Examination

1. Shaili Mehta
1. Priyanka Jade

2. Madhavi Shinde
2. Manali Gandhi

3. Rishabhkumar Jain
3. Swarup Patil

IV Year

"We are all in the gutter, but some of us are looking at the stars"
- Oscar Wilde



Toppers:

IIIRD Bds Summer Examination:

1. Pratima Kolekar

2. Priyanka Patil

3. Nehal Mckashi

IIIRD Bds Winter Examination:

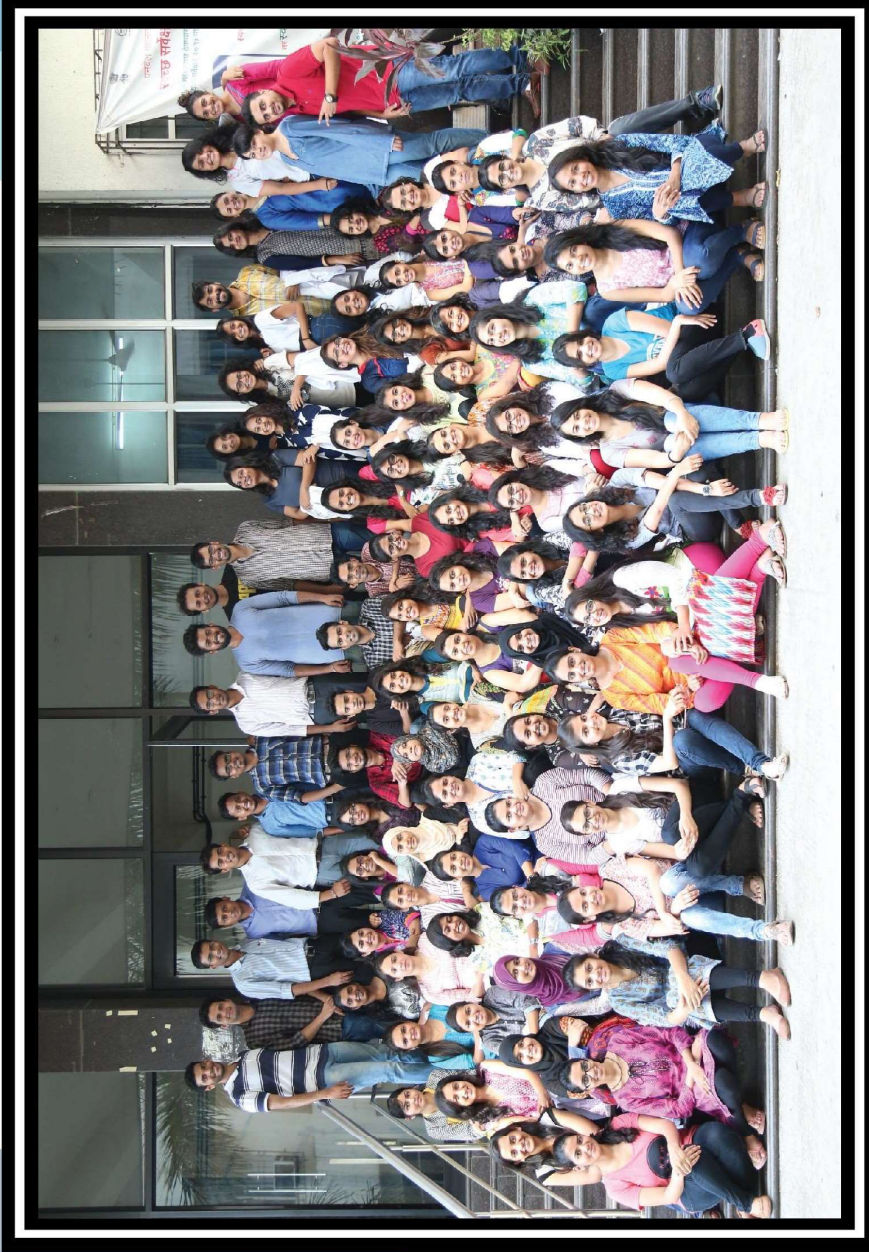
1. Anjali Verma

2. Sayali Patil

3. Ekta Bodalia

Interns

"Some infinities are bigger than other infinities"
- John Green



Toppers:

IV Year 1st Semester Winter Examination:	1. Balasubramaniam Shanker	2. Shalu Shah	3. Kajal Balani
IV Year 2nd Semester Summer Examination:	1. Shalu Shah & Balasubramaniam Shanker	2. Mayuri Ghike	3. Arjali Gala
IV Year 1st Semester Summer Examination:	1. Anagha Waghmare	2. Aditi Sukinkar	3. Dattatray Bhale
IV Year 2nd Semester Winter Examination:	1. Anagha Waghmare	2. Aditi Sukinkar	3. Kalpana Jangid & Dattatray Bhale

The Creatives

"Art enables us to find ourselves and lose ourselves at the same time"

-Thomas Merton



The Student Core Committee

"And may the odds be ever in your favour"

-Suzanne Collins



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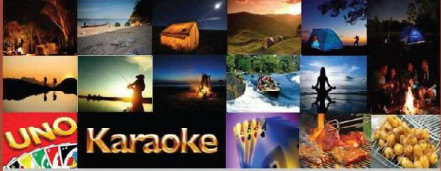


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NAVI MUMBAI



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3. Seal Ashram, Nere
4. Primary Health Centre, Ajivali
5. Rural Hospital, Kashele
6. MGM School, Nerul

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MGM's Mother Teresa Institute of Nursing Education
MGM's College of Journalism & Media Science
MGM's Medical Centre & Research Institute
MGM's College of Fine Arts
MGM's Dr. D Y Pathrikar College of Comp. Sc. & Tech
MGM's Hospital & Research Centre
MGM's College of Agricultural Biotechnology

MGM's Dept. of Biotechnology & Bioinformatics
MGM's Institute of Hotel Management & Catering Tech
MGM's Institute of Indian & Foreign Languages & Comm.
MGM's College of Physiotherapy
MGM's Hospital, Ajabnagar
MGM's Sangeet Academy, Mahagami
MGM's Institute of Naturopathy & Yoga
MGM's Institute of Vocational Courses
MGM's Horticulture
MGM's Health Care Management
MGM's Junior College of Education (Eng. & Mar.)
MGM's Sanskar Vidyalaya (Pri. & Sec. Mar.)
MGM's Clover Dale School (Pri. & Sec. Eng.)
MGM's First Steps School (Preprimary Eng.)
MGM's Sanskar Vidyalaya (Preprimary Mar.)
MGM's School of Biomedical Sciences

3. NANDED

MGM College of Engineering
MGM's College of Fine Arts
MGM's College of Computer Science
MGM's College of Journalism & Media Science
MGM's College of Astronomy & Space Tech
MGM's College of Library & Information Science

4. PARBHANI

MGM's College of Computer Science

5. NOIDA

MGM's College of Engineering & Technology