

MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI.

अपनी खबर



EQUALIZE

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DR. P.M. JADHAV
DR. SUDHIR KADAM
DR. NITIN KADAM

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SUB-EDITORS:

DR. SARIKA SHETTY
IFRAH KHAN,
SHARVARI DESHMUKH,
SALONI BANDEKAR

AIDS, also known as Acquired Immunodeficiency Syndrome is a chronic and life threatening disease, caused by HIV virus. It can damage the immune system, and thereby, interfere with the ability of the body to fight infection and diseases. In India, over 1 million are diagnosed with AIDS every year. Globally, 38 million people are currently living with HIV or AIDS. This disease cannot be cured and requires lifetime medication. World AIDS Day is commemorated every year on 1st December, 2022 to unite people in the world to support people who are affected by HIV. On this day, people globally remember those who have died from AIDS-related illnesses.

Every year World AIDS Day focuses on a specific theme. This year, the theme will be "Equalize." It is a call to action to end all forms of bias faced by patients of AIDS.

FROM DEAN'S DESK : WORLD AIDS DAY

World AIDS day is not just another day. It is a day of awareness. It is a clarion call to unite the world in the back-to-wall fight against AIDS, the last in a long list destructive pandemics such as TB, Plague, and more recently Covid and its variants.

All pandemics have common phases of evolution—initial hopelessness against the bolt from the blue enemy, research, understanding the contours of the catastrophe, defining an action plan ,identifying inequalities, harnessing the resources, unanimous fight against the common enemy and oppressor of all and ultimate triumph. And AIDS is no different. In the case of AIDS, discrimination, stigma are added living realities.

There is some confusion among people in the terms HIV and AIDS. The resultant fear, gives an extra dimension to the crisis. HIV is only a virus. Only if it is not identified in time and eradicated, it provides the fodder for the development of AIDS, which again is only a Trojan Horse for the killer immunity breakdown. Testing is the key to success.

The eradication of this lies in the understanding of the background to ultimate fatality. HIV was first identified in 1984. Since then , it has claimed millions of human lives. This is largely due to absence of or lack of or misplaced awareness, inequalities in providing opportunities amongst affected population to get cured, man-made stigma and apathy. The community, university, and work stations have a role to play in this, which at present is inadequate.

Only 50% of the children living with HIV are on life treatment and 70% of the new infections are among the marginalized and downtrodden. The message to the conscience of the world is loud and clear.

Every World AIDS day has a focus. This year, rightly, it is Equality of opportunities. The advancement and development in scientific knowledge, and laws to protect the affected , not to speak of the funds, must be available with equal ease.

Pandemics like AIDS and COVID are only teachers to the erring humanity. Many more may follow. The enemy is within each of us. Let us identify, understand to destroy and move forward hand in hand towards a better and healthy world.



Dr. Srivalli Natarajan

SUB-EDITOR'S SAY: EQUALIZE.

" Equalise"

HIV became and continues to be a global health epidemic due to a number of shortcomings, including division, inequality, and contempt for human rights. Stigma is one of the main reasons that some people end up having quite negative feelings about themselves in relation to their HIV diagnosis.

Since the beginning of the HIV epidemic a lot of negative and inaccurate ideas and beliefs have developed about what HIV is, and what it isn't. It can be difficult for anybody, including people living with HIV, to avoid being exposed to all these ideas and not be influenced and affected by them.

The theme "Equalize" is a call to action. It is a call to action for all of us to pursue the tried-and-true methods required to redress disparities and aid in the eradication of AIDS. These consist of:

To make sure that everyone is well-served for the needful services, increase the availability, quality, and acceptability of required services for HIV treatment, testing, and prevention.

To combat the preconceived opinion and isolation suffered by people who are HIV-positive, disadvantaged communities by reform laws, policies, and practices.

This will ensure that everyone is respected and accepted.

Ensure technology exchange among localities as well as among higher authorities to provide fair access to the greatest HIV science.

- Dr. Sarika Shetty
Professor
Department of Periodontics

FACULTY : EQUALIZE.**AIDS- SPREAD AWARENESS & END THE STIGMA**

It's bad enough that people are dying of AIDS, but no one should die of ignorance

-Elizabeth Taylor

World AIDS Day is observed annually on 1 December. The day is recognized to create awareness among people about the primary cause of Acquired Immunodeficiency Syndrome (AIDS) that is Human Immunodeficiency Virus (HIV), its transmission, diagnostic testing, preventive measures, and treatment options. The significance of the day is to address the social stigma and discrimination that are coming in the way of eradicating this dreadful disease and hindering its treatment.

HIV replicates itself into the human body by inserting a copy of its DNA into the human host cells also known as retrovirus. The host cells in which the HIV resides are the WBCs (White Blood Cells) that are the part of the Human Immune system. HIV destroys the WBCs and weakens the immune system. The weakening of the immune system affects an individual's ability to fight diseases in time.

HIV majorly transmits in one of the three ways – Blood, Prenatal and Sexual transmission. Transfusion of HIV through blood has been very common during the initial time of its spread. Nowadays, all the developed and developing countries have stringent measures to check the blood for infection before transfusion and usage of shared needles have been prohibited. HIV infected mother can easily pass the virus to her child during pregnancy, breastfeeding or even during delivery. HIV can easily be spread from an infected person to a healthy person if they perform unprotected sexual coitus through oral, genital or rectal parts as it can be transferred through body fluids.

The incubation period for AIDS is much longer as compared to other diseases. It takes around 0-12 years for the symptoms to appear promptly. Few of the common symptoms of AIDS include fever, fatigue, loss of weight, lymphadenopathy, yeast infection, and herpes zoster and uncommon infections viz., persistent fever, night sweating, skin rashes, lesions in mouth and more.

AIDS is a life-threatening disease. The best way to cease its spread is antiretroviral therapy. It is a drug therapy which prevents HIV from replicating and hence slows down its progress. The treatment should start at the earliest to minimize the damage to the immune system. It is important for an individual to know his/her own and partner's HIV status, before performing any sexual intercourse activity. One should always practice safe sex. Use of condoms during sexual intercourse is a must and one should restrict oneself on the number of partners he/she is having sex with. Multiple awareness drives by World Health Organisation (WHO), local government bodies and various non-profit organizations have reduced the risk of spread by making the people aware of the AIDS spread and prevention.

HIV positive patients can still lead a long and healthy life through love and proper care. We must have our regular and periodical health check-up and encourage and educate others to do the same. The only way to fight the AIDS disease is through creating awareness.

Dr. Manjari Chaudhary

Lecturer- Oral Medicine & Radiology

PARENTS SPEAK : EQUALIZE.

We have come a long way in our understanding of AIDS and HIV, but discrimination against people with AIDS is widespread. In today's world technology and newer researches and advances have made it possible for people with AIDS to live with the disease as that of any other chronic illness, but what makes it difficult for them in the society is the stigma that accompanies the disease. This stigma encourages worries and instills fear in the mind of many leading to behaviours that puts oneself and others at risk such as avoiding getting tested for HIV, hiding one's health issues from family, etc. For these reasons many prefer the pain and infection rather than facing the stigma of the society. The prejudices have also slowed down the treatment facilities and centres in rural as well as urban areas and people still live in fear of what society will think. That is why it is important to 'EQUALIZE'. On the occasion of World AIDS day it is of prime importance to stop using nomenclatures such as HIV positive, AIDS community and treat them as one of our own. Let us not bracket people who suffer from and have survived this disease. Let us shun any kind of discrimination in thoughts, actions and behaviour towards the people suffering from HIV and AIDS. Let us all take small steps towards achieving a bigger milestone and stop the stigma against AIDS and EQUALISE each and everyone of us.

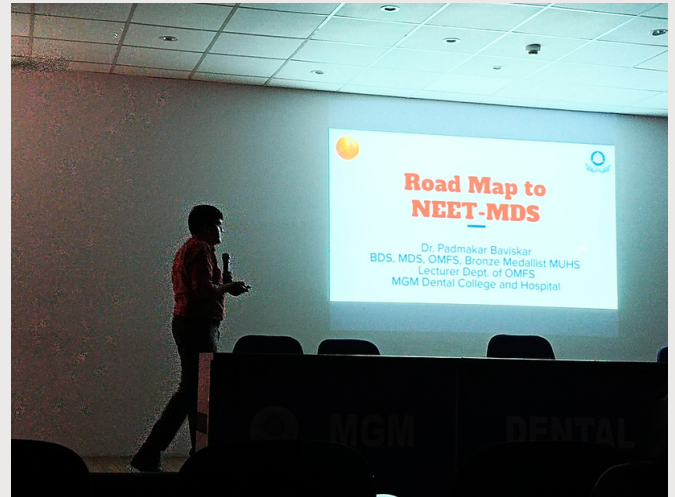
**-Kausalya Deshmukh
Mother of Sharvari Deshmukh**

Road Map to Neet MDS

Lecture by Dr. Padmakar Baviskar

1st december 2022

Dr. Padmakar Baviskar; BDS ,MDS, OMFS Lecturer , guided interns regarding the NEET MDS process.



Road Map to NEET-MDS

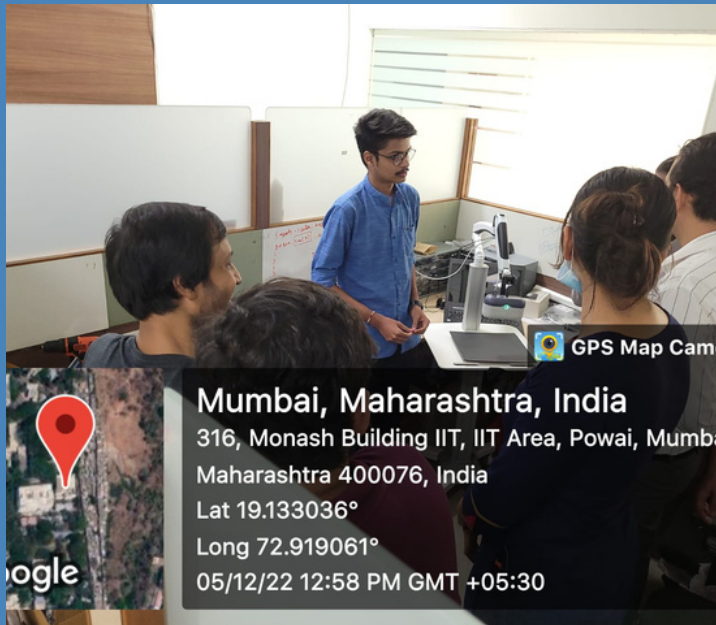
Dr. Padmakar Baviskar
BDS, MDS, OMFS, Bronze Medallist MUHS
Lecturer Dept. of OMFS
MGM Dental College and Hospital



Interns were informed about the form filling; fees of the exam. And about college counselling procedure.

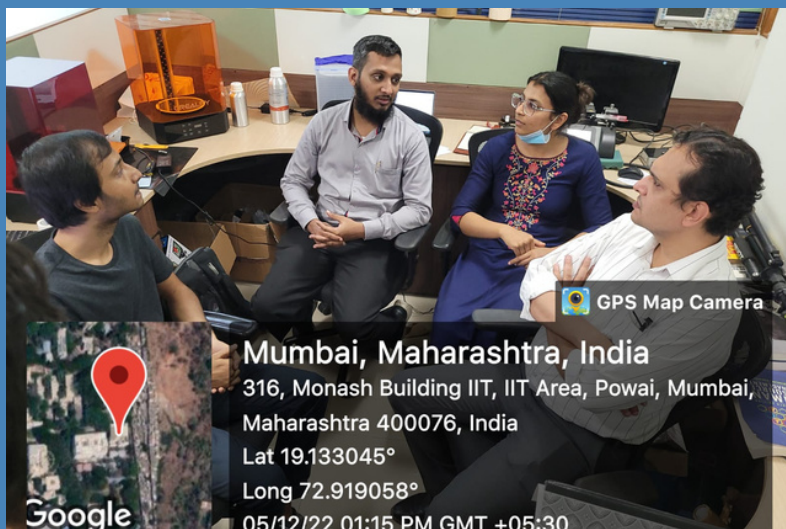


Field visit to IIT Mumbai



Department of **Oral & Maxillofacial Surgery** in association with EpoCare had organized an "Field Visit" to IIT, Mumbai **on 5th December**, to understand the working of two devices FluoroSight and SpeccaFlow for post surgical monitoring of free tissue transfer.

Mr Deepak Kumar, co-founder of EpoCare had presented the working principle of the SppecaFlow, post which a demonstration was given for the same.

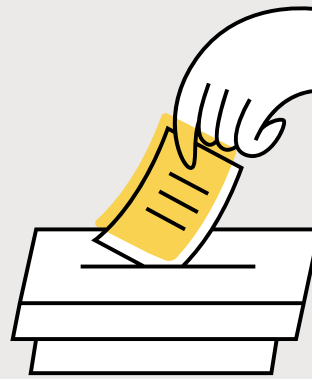
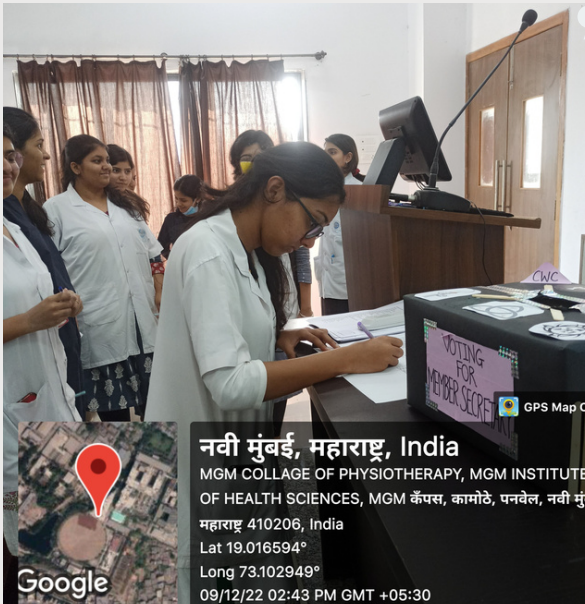


Post demonstration there was a discussion to standardize the protocol on the applicability and use of the device in cases of micro vascular free tissue transfer and design a clinical trial to be undertaken at MGMDCH.

CWC Elections

For post of member secretary

The election for the position of Member Secretary was held on 8th December, 2022.



Candidates were allowed to briefly introduce themselves before the start of voting. Ballot system method of voting was adopted. The result of the voting was declared on the very same day.



Meghna salian became the Member secretary , recieving the highest number of votes.

Karina Borate : Joint secretary.

CWC Elections

For rest of the council positions



This election was held on 9th December, 2022.

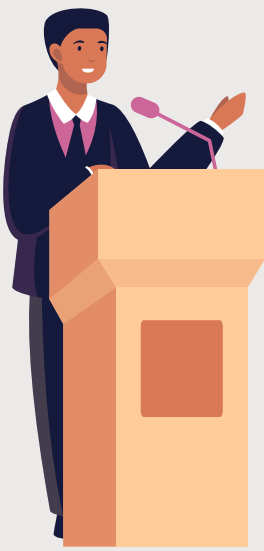


Ballot box



Member incharges of the CWC were elected:
The CWC is a committee – of the students, by the students and for the students

The result of the voting was declared on the very same day

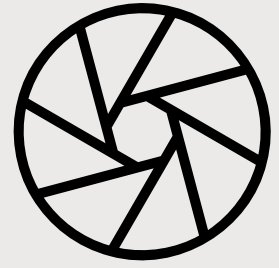


- Cultural
- Sports
- Literary
- Research
- Scientific
- Iqac
- Arts
- Music



Navi Mumbai, Maharashtra, India
2483+C3Q, MGM Campus, Kamothe, Panvel,
Navi Mumbai, Maharashtra 410206, India
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Long 73.103054°
09/12/22 02:38 PM GMT +05:30

Photography workshop by Dr. Avinash Narayankar

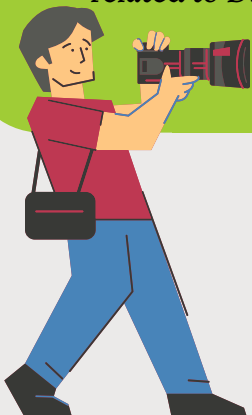


Day 1
12 th december

On 12th-13th December, a two day photography workshop was organised with the aim to enhance skills towards dental imaging and photography. Dr Avinash educated the students on different parts of camera, various types of camera, the effective technique to take a detailed photograph of the pre and post operative clinical cases.

The selection of pixel size, image size, background selection poses, focus point for shooting with the help of mobile camera and professional camera.

The lecture included introduction of different types of lenses, exposure, aperture, shutter speed and other terminology related to DSLR Photography



2483+RJ7, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

Latitude 19.0172213° Longitude 73.1041761°
Local 10:37:53 AM Altitude 14.65 meters



MGM DENTAL COLLAGE AND HOSPITAL, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India

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Photography workshop by Dr. Avinash Narayankar



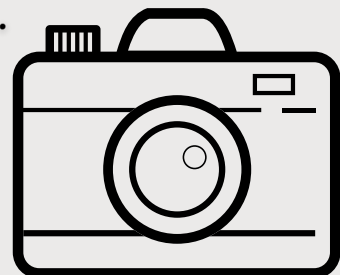
**Intraoral photographs were taken
with mirror**



The Two day photography workshop was aimed at the interns and included the basic skills required for every kind of photography which was later more focused on dental photography.



The basics were covered in the workshop and interns were encouraged to apply the new skills hands on experience by clicking photographs themselves.



Mission 16



*Complete solution from post endodontic treatment
to crown placement*



MGM DENTAL COLLEGE AND HOSPITAL, MGM
INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy,
Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India

Latitude
19.0171204°

Longitude
73.1035892°

On 16 December an initiative was taken by the **Department of Prosthodontics** to organize a **CDE program** with a hands-on workshop in collaboration with **3M**



The guest speaker was Dr. Tasmeen Sheikh a 3M clinical specialist who gave a captivating lecture and discussed step by step solution from post endodontic treatment to crown placement, the snow plow technique, triple tray impression technique, stand stain free provisional restoration and cementation of post and crowns.



The programme and hands on helped impart knowledge and make the audience aware of the newer techniques and materials in dentistry and inspired them to be smart dentists along with hardworking dentists for a faster better and sustainable practice

ALPHA GATE IMPLANT SYSTEM

Oral and Maxillofacial surgery department Presented an **Add On Course** on dental implant in collaboration with alpha gate dental implant system.



नवी मुंबई, महाराष्ट्र, India
 MGM DENTAL COLLEGE AND HOSPITAL, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, 410209, India
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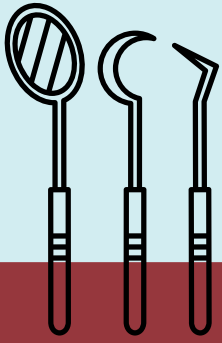


The chief guest speaker **Dr. Mohammed Zahalka** who has specialised in dental implantology gave an insightful lecture on dental implant, various procedures and materials and the techniques of placing implant.

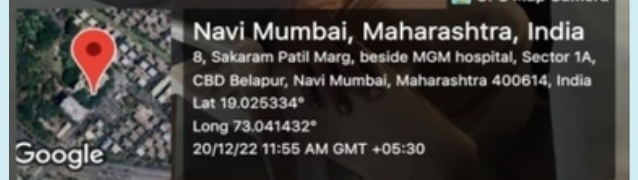


नवी मुंबई, महाराष्ट्र, India
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Public Health Dentistry Camps



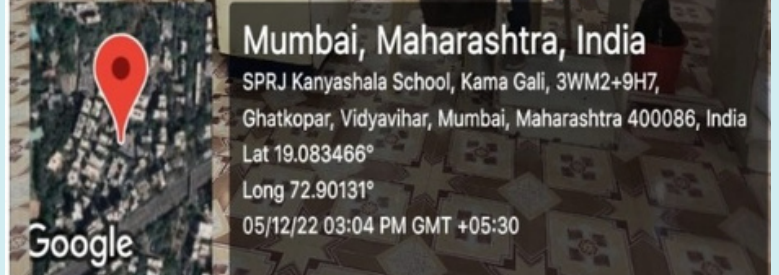
AWARENESS ABOUT DIET AND DENTAL CARIES AT BELAPUR POLICE STATION



TREATMENT CAMP FOR DEVOTEES OF SAI BABA TEMPLE

AWARENESS ABOUT DENTAL CARIES IN STUDENTS OF S.P.R.J KANYASHALA, GHATKOPAR

560 students Examined



United for road safety

Two wheels One Life

On 20th December, a collaboration between the NSS unit of MGM dental college and the United way Mumbai a non-profit organization which works actively in areas of civic awareness, health and safe of the society brought forward an awareness programme for the students of MGM college



The aim of the programme was to sensitize the youth, educate them and make them aware to become safer and responsible drivers.



The guest speakers were Mr. Rohit Dalvi and Mr. Sujit Patil from United way Mumbai. The programme helped make the audience aware of the road safety rules, various traffic signals and signs. This impact initiative was another step towards ensuring and improving the state of road safety in the city



AESTHETIC DENTISTRY

The department of Conservative and Endodontics organized a CDE programme on aesthetic dentistry for the interns and post graduates on 19th December



The guest speaker Dr. Pankaj Maheshwari educated the audience on the best and efficient ways to design a perfect smile. He gave an insight on the step by step procedure of smile designing which will definitely help in bringing brighter future to the young dentist and brighter smiles in the society.

Christmas celebration at SEAL Ashram

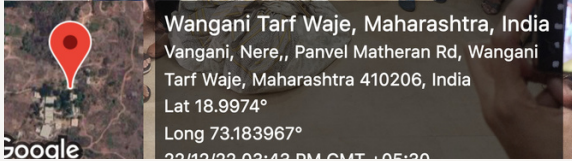
Christmas is celebrated as a festival full of love and joy, Interns spent this year's Christmas in a little different way by celebrating it at SEAL ASHRAM, NERE on 22/12/2022 where donations received from college students in the form of books, toys and clothes were distributed to the residents



Fun activities and games were also played with children of Ashram.



Christmas celebration at SEAL Ashram



Performances of singing and Dancing by Interns. Residents were also encouraged to actively participate in singing and enjoying the cultural program

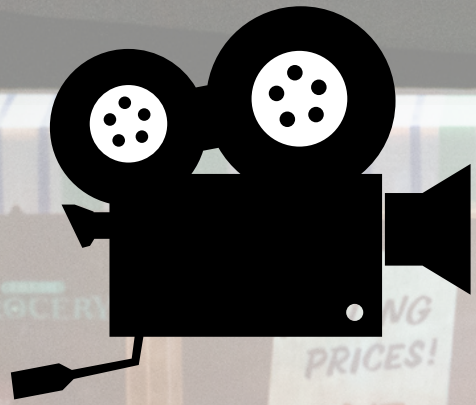


ORIENTATION TOWARDS NEET MDS

On 28th of December, career counselling cell in association with IQAC conducted a lecture on orientation towards Neet entrance exam.



Dr. Raison Thomas ;
Director of CEDEES
Oriented Interns and final
years towards Strategies to
prepare for NEET MDS



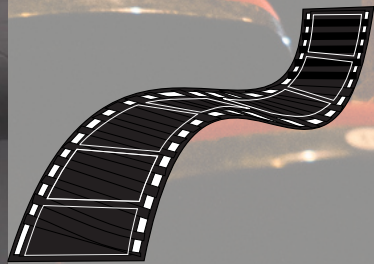
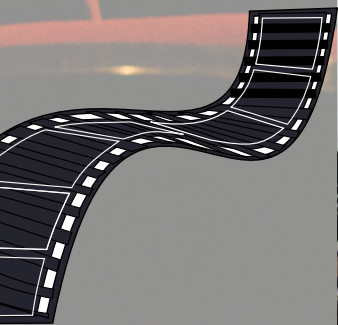
Movie screening

Women empowerment cell in association with
IQAC

Presented Movie screening of

MARY KOM

On 31.12.22 for Final year students and Interns.



CREATIVE BRAINS

World AIDS Day

World AIDS day is commemorated every year on 1st December to provide support to people affected by HIV and to remember those who lost their lives to AIDS. It is also used to mark the achievements made, and the work still to be done, in the fight against HIV/AIDS. It was first observed in 1988. Many people around the world celebrate this day by wearing a red ribbon which is the universal symbol of awareness of, support for and solidarity with people living with HIV. The purpose of World AIDS Day is to end the stigma and discrimination faced and to improve the quality of life of people living with HIV.

AIDS stands for Acquired ImmunoDeficiency Syndrome which is caused by Human Immunodeficiency Virus (HIV). It is a chronic and life threatening disease. It attacks an individual's immune system and leads to the decrease in CD4 T-cells. This weakens the person's immunity against opportunistic infections such as tuberculosis, fungal infections, severe bacterial infections and some cancers. HIV can be spread through sexual, parenteral and perinatal routes. There's no cure for AIDS, but the progression of disease can be controlled by medicines. In India, over 1 million people are diagnosed with AIDS every year. Globally 38 million people are living with HIV/AIDS currently. It is very important to raise awareness and provide education on the current knowledge of the disease. These efforts will accomplish a great deal in the elimination of AIDS stigma and discrimination. The saying "Prevention is better than cure" holds very true for this disease. Prevention includes educating yourself and others, using sterilised needles, avoiding any behaviour that allows HIV- infected fluids into your body and getting regular screening tests.

AIDS has, so far, ended more than 29 million lives all over the world. It is one of the most dreaded diseases of the 20th century. Since it's discovery, it has spread around the world like a wildfire. World AIDS Day remains as relevant today as it has always been. Reminding people that HIV has not gone away is the main purpose of this day.

Mizba Zaidi
Second BDS

CREATIVE BRAINS



This Old vintage
 Senescenced leaf.
 Has a lesson to teach.
 The art of letting things go.
 Like Past Versions of your own .
 Unhealthy and toxic mindsets.
 That no longer served good.
 You learn slowly ..to release them.
 Your vulnerabilities confronted.
 As we marvel at how beautiful it is
 To see the trees.
 Shed their pasts in preparation of the next season.
 We all have same capabilities ; for definite reasons.
 When we look back and see lackness
 Of confidence and wisdom.
 And we had doubts and still are unsure.
 Yet we grow .we shed. We wilt. shed for a new season.
 Accepting bad seasons
 Allowing periods of dormancy.
 This makes me hopeful that one day we might see 'letting go' ×
 As beautifully ×

Ifrah Khan
Intern

Artists of MGM



Sneha Tidke
Intern

Ruchita Sukhadia
Intern



GLASS PAINTING



PUN-TASTIC WORDPLAY AND QUOTES



**“Why did the Christmas cookie go to the dentist?”
Because he had Ginger-vitis!**

**IFRAH KHAN
Intern**

**What is the best time to go to the dentist?
Toothirty !**



**SHARVARI DESHMUKH
Intern**

**My dentist doesn't really like tea. So I
just call him Denis. He wasn't really
abcess-ed with it.**



**KULSUM KHAN
Intern**