



MGM Dental College and Hospital
Navi Mumbai
Accredited 'A' Grade By NAAC



aMaIgaM

2018



ABOUT THE COVER

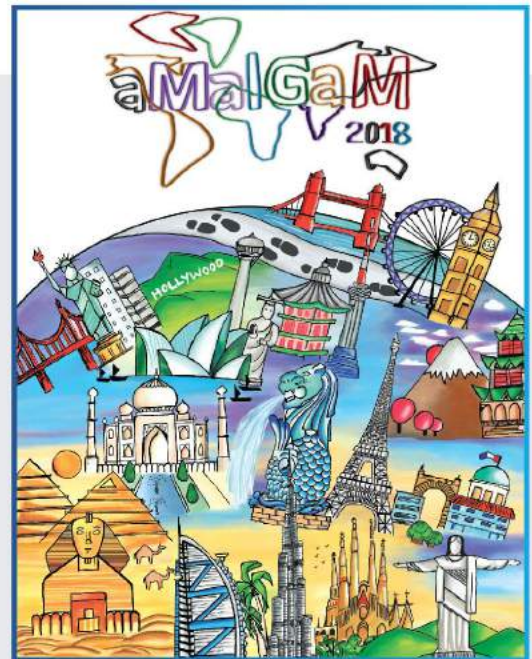
The world is a vast place, spanning across seven continents and five oceans. Yet, the world grows smaller every day. We relay massive amounts of data and communications over an expansive distance within fractions of seconds, thanks to technology. It has brought us close practically, and closer still as people of culture.

The MaGnuM theme this year, **“Going Global- A Walk Around The World”** aims to celebrate this very blend of myriad cultures around the world and how India has reached out and gained heights of glory by creating its identity in the world.

Honoring the amalgamation of the entire Earth, we bring you **AMALGAM 2018**.

The nomenclature portion of the cover had been designed using quilling. The cover page also pays homage to the various architectural beauties around the world; significant to and representative of various regions spanning across the continents, by taking you to a walk through them. And though we share the same sky, we offer you a glimpse of how beautiful the different sunsets spew the colors around the world.

We tip a hat to the technological and cultural advancements across India and the globe and hope to see a continually developing and better world in the coming years.



COVER CREATIVES

Deepti Jawale and Radha Rathod.





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 and expertise.
- Raising the standards of dental health education by imparting extra-mural education under the mentorship of leading academicians.
- Addressing patient concerns empathetically and adopting patient centric treatment approach.
- Encouraging research in newer areas of dental sciences and teaching methodology for benefit of population at large
- Enhancing awareness of 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.

▲ OBJECTIVE

- To establish (domicilate) a center of excellence in dental education, training, health care and research permeated (imbued) with scientific culture, compassion for the sick and an assurance (commitment) to serve the under-served.

THE LOCAL GOVERNING COUNCIL



Shri. Kamal Kishore Kadam
M.Tech IIT (BOMBAY)
Chairperson



Dr. Sudhir N Kadam
FRCP
Director



Dr. P. M. Jadhav
FRCP
Secretary Nominee



Dr. N. N. Kadam
Management Nominee



Dr. Sabita M. Ram
Principal Member Secretary



Dr. Vanitha Shenoy
Elected Teacher of Institution



Dr. Jyoti Nadgere
Elected Teacher of Institution



Dr. Srivalli Natarajan
Elected Teacher of Institution



DIRECTOR'S MESSAGE



An integral part of MGM family, the MGM Dental College has never failed to amaze me with its untiring activities and fast growing success. Here at MGM the term 'education' encompasses more than just knowledge and knowing. It is a harmonious blend of academia, arts, sports, emotions, attitudes, creativity, nature and life itself! Today I am proud to address this communion of talented and young budding dentists.

I congratulate the institute of MGM Dental College for once again coming out with their much awaited annual college magazine 'AMALGAM' and their yet another successful and grand annual college festival 'MAGNUM' with an innovative theme 'GOING GLOBAL- A Walk Around The World'

I have always believed that 'Excellence is never an accident; it is always the result of high intention, sincere efforts, intelligent direction and skilful execution.' These words of wisdom best describe the present state of MGM Dental College and Hospital. The Dean, the dedicated faculty and the ever enthusiastic students have made this possible.

Lastly, I would like to wish each member of the MGM Dental family a bright and successful future ahead.

Dr. Sudhir Kadam
Director

MGM Dental College & Hospital SONG

ABOUT THE SONG

The students at MGMDCH are always encouraged to work towards achieving excellence not only in academics and extracurricular activities but also realize their true potential as highly professional and well trained health care givers. The credit of creating good dentists goes to our charismatic Dean, Dr. Sabita Ram and her expert team of faculty. She dreams big and pushes potentials; we work hard to materialize the unexpected. We, the proud MGMites, dedicate the MGM song to our prestigious college, our beloved Dean and ever supportive faculty as a token of our heartfelt gratitude and appreciation for all that we have received from them.

We the Dental MGMites,
Ever buzzing with activity.
Has been favoured with a home so bright,
To teach and lead us right.

MGM we hail you,
Guide us on our journey through.
Fill our hearts with symphony
And make us instruments of harmony.

We gather under one banner,
With our many colours and manners,
Remembering we are people on pilgrimage,
To share on God's own true image.

MGM we hail you,
Guide us on our journey through.
Fill our hearts with symphony
And make us instruments of harmony.

Lyrics by: **Sundus Ansari and Mamta Adnani**

Composed and sung by: **Abhinay Desai and team**

Compiled by: **Aishwarya Nagarajan** (Intern)

DEAN'S MESSAGE



The college magazine are memories captured in pages to remember the years spent together, those years that have been the formative years of one's life. My seven years in MGM have made me come across a variety of students. I have seen the evolution in their thoughts and newness in their creativity. This year's theme, **'Going Global- A Walk Around The World'** was a well thought of theme, as we see in today's day and age that we are being connected with one another across countries and continents. We are sharing our views and culture with them and them with us. Our students are joining foreign universities for future education and are our representatives in almost all continents.

This batch of interns has dedicated a song for their institution which was composed and sung by them. It will always be remembered as the words that are apt for an institution that believes in being together under one roof, for good of each other and our patients.

This year also saw the introduction of the literary section, which brought out the talent of original poetry, book writing, and story-telling.

Many of our students have also written poetries and songs, and published books on professional levels.

The NSS unit that was in its infancy has evolved in social work in a big way and students and staff in-charges have nurtured it to enjoy the various activities and work for the society.

The MGM family has grown into a tree with its branches spreading far and wide and now bearing fruits which are our students and alumni. Our staff has worked very hard together to see it in full bloom. We want the MGM tree to be a big old banyan tree which no storm or flood can uproot.

I would like to express my gratitude to Dr. Sudhir Kadam, Director, who has always been there to guide, protect and trust us and has bestowed faith in us. He has been a pillar of support to us and like a light to guide us.

Let the MGM flag fly high.

Dr. Sabita Ram

Dean

MGM Dental College and Hospital.



EDITOR'S MESSAGE



Shweta Thakkar

'The faintest ink is better than a strong memory.' Nothing exemplifies it better than the nostalgic feeling one gets while leafing through dusty old pages of their college magazine. Our major purpose whilst making of AMALAGM '18 was to give each one of you this feeling at its very best. Hope we have fared well in doing so.

MGM DCH to me is a hot-spot of evolution and a humongous platform for showcasing creative potentials. Along with the college and its students, the annual magazine AMALGAM has also evolved leaps and bounds over the years. And so, we knew the upcoming one had to get better. The entire magazine committee and the core council has strived hard for it, ever-smilingly.

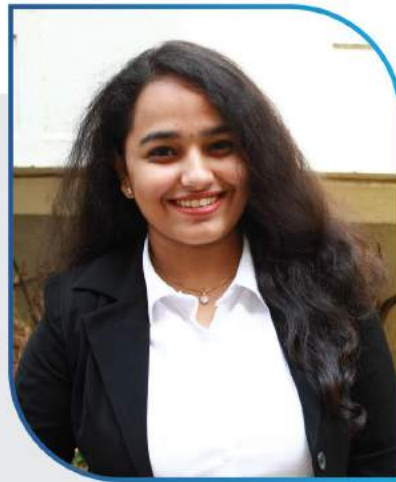
Our college boasts of the most cherished annual festival MaGnuM and stays active all round the year with scientific seminars, innovative activities and social programmes. We stand awed to see the amount of enthusiasm from the students and staff who have devoted time and plunged into creating powerful stories, heart-warming poems, skilful drawings, vivid photography and beautiful articles. Projecting all of it in the further pages has been a privilege.

I am proud to be a part of the team who has been such a wonderful and sturdy support, working willingly and tirelessly inspite of all the obstacles. The struggle was real but so were their efforts. My heartfelt thanks to Dr Sabita Ram for making me push my limits, explore my potentials and letting me know that more than often our strengths lie right outside our comfort zones. I am glad to have had Aishwarya Nagarajan, she complemented me wherever possible and stuck by me till the end. A special thanks to Kajal Talele, Pradnya Ingrulkar, Shivani Singh and Ratan Upadhyay for boosting my morale throughout and to every other person who has sent in quick mails and helped with valid informations. I have thoroughly enjoyed this process with all its ups and downs, excitements and disappointments, trials and errors while learning the importance of time, leadership, relations and self.

On behalf of the entire editorial team, I invite you to read and immerse yourself in the unfolding art and be exulted.



CO-EDITOR'S MESSAGE



Aishwarya Nagarajan

25th September 2013, standing outside, staring at the college entrance, I felt like a newlywed bride; anxious, nervous, happy, excited, all at once. I was exhilarated about the fact that just 5 years down the lane; I would break the stereotype of my clan of engineers to be the first doctor. Ironically, for me, who had never been to a dentist until then, becoming a dentist felt like a calling. I still remember, within a few days of joining, we were given a copy of 'AMALGAM 2013'. After one glance through the magazine, I knew I wanted to be a part of this. Little did I know that I would be given the opportunity to make this celebrated magazine.

Amalgam is not just a regular report of the events through the year; it portrays the life each one of us lives here at MGDCH. This year, we have tried our best to take you on a world tour based on the theme “**Going Global – A Walk Around the World**”.

I want to take this opportunity to sincerely thank Dr. Sabita madam for inspiring me to be more, my loving teachers for showing me the path to achieve more, my friends who have walked along side and lastly my parents, for they have been my strongest pillars. It has been a pleasure to put together this colorful (literally and metaphorically) magazine. I thank my partner Shweta and my lovely group of team members for their timely support. I hope this edition of **AMALGAM 2018** keeps reminding you of the wonderful times spent in this esteemed institute.





Dr Sabita Ram
Dean

Dr Naisargi Shah
Chief Editor

Dr Jyoti Nadgere
Regional language incharge

Dr Satakshi
Regional language incharge

Dr Sushma Bapatla
Regional language incharge

Shweta Thakkar
Editor

Aishwarya Nagarajan
Co-editor

**The editorial team
(Left to Right)**

- Shagufta Khan
- Ketki Laware
- Priyanka Devkar
- Neha Jadhav
- Sapna Somani
- Deepti Jawale
- Shalini Patel
- Vibhuti Dhameliya
- Prajakta Boramanikar
- Samridhi Vyas
- Pooja Lad
- Radha Rathod
- Lynette Fernandes
- Rutuja Vidhale
- Yojana Kadam

PHOTOGRAPHY BY:

Riya Kadam | Siddhesh Karanjekar





CORE COMMITTEE (MAGNUM 2018)



TOP LEFT TO RIGHT

Decoration Head: Pooja Lad
Treasurers: Sanchit Mujumdar & Manikya Bhandary
Ladies Representatives: Megha Patil & Jahnavi Gundeti
Buddy Program Heads: Priyanka Patil & Shirin Harnekar
Public Relations: Neha Jadhav & Chinmayee Palande
Basic Life Support Heads: Shivani Singh & Sapna Somani



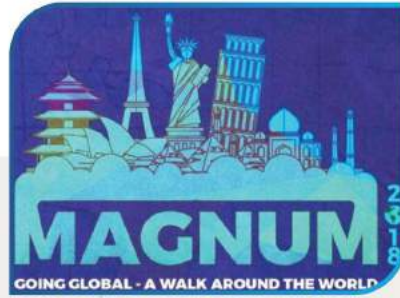
MIDDLE LEFT TO RIGHT

Pixel Heads: Siddhesh Karanjekar & Riya Kadam
Intern Representative: Nehal Mokashi
General Secretary: Tanvi Malankar
Cultural Secretaries: Sanjana Dharadhar & Ratan Upadhyay
Hospitality Heads: Mili Mehta & Heena Dodeja



BOTTOM LEFT TO RIGHT

Editors: Shweta Thakkar & Aishwarya Nagarajan
Sports Secretaries: Faiz Ansari & Saloni Tawde
Scientific Secretaries: Prathamesh Fulsundar & Prachi Gaikwad



MAGNUM 2018 THEME: GOING GLOBAL- A WALK AROUND THE WORLD

The most awaited two weeks of the year, looked forward to by all of us here at MGDCH, the annual college fest- MAGNUM 2018, was fast approaching. Amongst the grand preparations that had to be made, the primary task was to select a theme.

As we all put on our thinking caps to come up with a theme befitting the fame of MaGnuM, the first word that struck us was – ‘the world’. Among the spiritual treasures of Indian tradition is the crown jewel of **वसुधैव कुटुम्बकम्** meaning ‘the world is one family’. It dawned on our minds that we, the budding dentists at MGM, need to look beyond the boundaries of state and nation, and celebrate the diversity of this ‘one big family’.

We all were lost in discussion about the scenic beauties, different festivities and cultures, mouthwatering delicacies and ravishing outfits of the people around the world, when our beloved dean, Dr. Sabita Ram, brought us back to the present and pointed out that we needed to put all these ideas into a few words, which would give us the ‘theme’ for the fest.

While a world tour is in every individual’s bucket list, we were ecstatic about taking a walk around the world in our very own institute. And that is how we finally arrived at, **GOING GLOBAL- A WALK AROUND THE WORLD** as the theme, an axis around which our fest **MAGNUM 2018** would rotate.



"I can do things you cannot, you can do things I cannot; together we can do great things"
- Mother Teresa

THE CREATIVE CAST

A 'deco-committee' comprising of creative students and interns, under the able guidance of immensely innovative Dr. Ankita Deshmukh were entrusted with the task of transforming the institute fit for a world tour. Through the brainstorming sessions; it was decided that the glass panels at the main entrance would be decorated with small paper flags of countries around the world, and the walls throughout the college building would bare interesting facts about the seven continents. A huge 5 feet globe with golden letters bearing '**MAGNUM**' was the star attraction. A mammoth sized map of the world depicting the oceans and continents along with pictures of various delicacies, monuments, dance forms, cultures and outfits was the backdrop.

To keep a track of time around the globe, clocks of the shape of certain countries representing different time zones were put up.

It is rightly said that 'Creativity is all about experimentation, growing, taking risks, breaking rules, making mistakes and above all having fun.' The entire month spent in planning, making rough sketches of whatever we had in our minds, drawing, painting, creating cutouts and all the glue work, was one grand experience. The memories made during this journey will stay with me forever. I extend a heartfelt thanks to Dr. Ankita Deshmukh for her timely guidance, super innovative ideas and helping us in every possible way and to all my team members for their valuable inputs, active participation and being amazingly supportive throughout.

Pooja Lad
Decoration Committee Head

GENERAL SECRETARY'S MESSAGE



Tanvi Malankar

“The pessimist complains about the wind,
optimist expects to change,
The leader adjusts the sails.”

It is such a privilege to be given the esteemed title of “General Secretary” of MGMDCH for the A.Y. 2017-18. Firstly I would like to extend my heartfelt gratitude to our Dean, Dr. Sabita M. Ram for showing trust in me and giving me this golden opportunity. The metamorphosis from a reserved and self centred person to a confident, responsible, diligent and morally developed person, I owe this transformation to this college. The role of general secretary is more than a badge, or a fancy title, it is a chance to make a positive influence by demonstrating good leadership skills and values.

I thought it was easy until I went behind the scenes. From being presentable, to being bold and convincing, from being determined to doing all the hard work to achieve the goal, there was a lot to learn. It's about making sure your actions inspire others to dream more, learn more, do more and become more. As rightly said “teamwork makes the dream work”, all that we have achieved so far is because of the wonderful team. Thanking our teachers Dr. Vanitha Shenoy, Dr. Jigna Pathak, Dr. Vaibhav Thakkar, Dr. Janaki Iyer, Dr. Sankalp Bhandarkar, Dr. Laresh Mistry, co- interns and all the MGMites to leave no stone unturned to enhance the dignity of our college and take it to exhilarating heights.

We have strived to become the most excellent version of ourselves and with my experience I can say all you must practice is; **The 3 R's -**

RESPECT FOR SELF • RESPECT FOR OTHERS • BEING RESPONSIBLE

There is no need to be perfect to inspire others, let people get inspired by you, by how you deal with your imperfections.



NSS REPORT – 2018

Many a times we ask ourselves - what have I done for others? In today's fast paced life, where competition, prestige, corruption and tech-savvy life have escalated beyond limits, NSS is where you derive satisfaction out of social work. Hence our motto being - NSS: 'Not Me But You'. A NSS volunteer places the 'community' before 'self'. NSS was introduced with the primary objective of developing the personality and character of the youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi.

The NSS unit of Mahatma Gandhi Mission's Dental College and Hospital has completed two successful years since its conception in 2016. This year too, it has served souls and won hearts. The journey commenced with the World Health Day and Anti tobacco day event in collaboration with Indian Cancer Society. Throughout the year, NSS was involved in a plethora of events such as International Yoga Day, Swachh Bharat Abhiyaan, Anti tobacco cessation in association with NGO Life First, Anti cracker rally and National unity day. As part of the grand college Fest – **MAGNUM 2018**, the NSS volunteers organized blood donation drive and tree plantation. We also joined hands with the MGM Medical College and supported their Walkathon drive to promote holistic health and well being. Continuing with last year's trend, we conducted our Project Sandesh 2.0 this year, to deliver messages of heartfelt gratitude and affection of to our spirited soldiers at the borders.



Together we stand strong -
Students perform on National Unity Day



Conveying gratitude to the soldiers:
Project Sandesh 2.0

The highlight of this year's events was the exceptional and extremely satisfying event - Gift of mobility – LN4. The volunteers worked alongside the Rotaractors of Panvel in successfully delivering prosthetic limbs to amputees, thus gifting them a new life in the true sense. In sync with the ideology of selflessness and service to humanity, our volunteers observed the Oral and Maxillofacial Surgery Week with aid from the Police Department of Kalamboli Station and Traffic Unit of Kalamboli. The emphasis was on road safety and prevention of trauma, oral screening for potentially malignant disorders at the Taloja jail, awareness of cleft lip and palate etc.

The volunteers attended a 7 day camp at Kushtarog Niwaran Samiti, Shantivan ashram, Nere, Panvel, where they resided within the tribal school and participated in activities like oral screening, topical fluoride application and education of students, awareness of ill effects of tobacco amongst the villagers, river bank cleaning and water conservation etc.



**Gift of Mobility –
prosthetic limbs for amputees**



**Inauguration of Life First Cell for Tobacco De-
addiction and Counseling Centre**



**Practicing the art of Meditation
on National Yoga Day**



All in One Rhythm - Walkathon

It is not just work that MGMDCH NSS volunteers do, there is so much more, it is about humbleness, self-confidence, compassion, humility, dignity of labour, staying grounded, relating with the under privileged, feeling the pulse of common people and most important, discovering your own self.

SWACCHA MGM

Following the footsteps of Gandhiji who said “sanitation is more important than independence”, a Swaccha Hi Seva event was organized in the campus. All staff, interns and students enthusiastically participated in the event by cleaning the campus area and also provide dustbins to the vendors near the campus area.



Swaccha Hi Seva



Efforts to keep MGM campus clean

TREE PLANTATION

With increasing industrialization and urbanization, it has become a rarity to see natural greenery. We, at our campus, make sure to do our part to give back to nature. The tree plantation event was organized during the fest, where every department was allotted a place to plant their saplings.



Sowing the Green Beings for a greener tomorrow



Department of Periodontia with their sapling

ANTI CRACKER DIWALI

Aiming to spread awareness about firecrackers causing noise and air pollution and numerous health hazards to human beings and animals the interns of organized an anti-cracker rally within the campus. Highlighting the plight of animals terrified by crackers and children involved in their production, our students tried their best to convince the passer-by students and patients to give up crackers this Diwali. They encouraged people to celebrate this Diwali with eco friendly diyas, lanterns and sweets.



Creating awareness on health hazards of using crackers



Distributing 'Keep Calm and say No to Crackers' Stickers to everyone

BLOOD DONATION

Donating blood is considered one of the purest and kindest of deeds in this world. One pint can save three lives and bring millions of smiles. This year, during the fest, a blood donation camp was organized by the NSS Unit. There was an overwhelming response from enthusiastic participants who donated blood. Absolute hygiene and safety measures were strictly followed. Donors earned the satisfaction of having served the population. The warm and touching attitude of the volunteers to take care of the donors made the event a grand success.



Serving a good cause - Blood Donation Camp



Donate blood – Save many lives

NO TOBACCO DAY

The Department of Public Health Dentistry in association with the NSS team of MGM Dental College and Hospital, Navi Mumbai, organized an awareness campaign on this occasion on the 17th April, 2018. In order to create awareness among the masses, the event was organized at Orion Mall, Panvel. Various activities such as poster competition, tattoo art, signature campaign were organized to create awareness. Free oral health screening camp was set up for the mall owners and staff. The students and interns put up a skit showing the various illnesses tobacco consumption brings along with it and appealed to the audience to pledge against its use.



Crushing of a huge paper cigarette at the inauguration ceremony to signify its wastefulness in our lives



All pledge to a zero tobacco life

INTERNATIONAL OMFS DAY

The International Oral and Maxillofacial Surgeon's Day was celebrated in college from 12th to 15th February 2018. A well-organized three-day program that aimed at spreading awareness on road safety and scope of OMFS was carried out. Bikers were educated about the importance of helmets while riding. Informative pamphlets on safety while driving were distributed to motorists at signals and at Khalapur toll plaza. Our safety is in our hands was the message sent out to all. A demonstration of CPR was given to the police officers as well as common public to be prepared in case of emergencies. The event was covered by news channels too in order to make the masses aware.



No Helmet No Entry – Road safety initiative by OMFS department



Distributing informative leaflets to motorists to create awareness during OMFS week

EXTENDED ACTIVITIES...

We, at MGM Dental College and hospital believe in serving the humanity, with an effort to uplift the oral health of the population. The goal of the institute is to provide basic & advanced Health promotion to an individual and community. This is achieved by rendering oral health care with multi-disciplinary approach to weaker sections of society which primarily includes rural areas, urban slums and inaccessible areas of Thane and Raigad District. This has been accomplished through peripheral satellite centers and well equipped Mobile Dental Van. Creating awareness on oral hygiene and prevention and treatment of dental diseases is done through dental camps. This year 19089 individuals have been screened and educated for oral hygiene while 352 patients have been treated by reaching them in rural and tribal areas. The institute has also organized oral health check up camps and education programmes in various schools in order to make the young minds more informed about the importance of oral hygiene practices. Keeping in mind the needs of our elders, oral health check up camps were organized for senior citizens. MGM looks forward to extend the efforts and serve each and every individual with a vision of health for all.



Children made aware about oral health at School



Blood donation and dental check up at Shree Khadayata Samaj



Dental check up at Taloja Jail



Free dental camp at Thakur Institute



Team of staff interns and organizing team at Malgunde Tribal village Rotary camp to carry out oral health



Felicitation of the doctors at Karjat Sub district Hospital



SCIENTIFIC SECRETARY'S MESSAGE



Prachi Gaikwad



Prathamesh Fulsundar

It is a proud moment for us to pen down these few words as Scientific Secretaries of the Student Council 2017-18 of MGMDCH. We are thankful to the Management, our Dean, Dr. Sabita Ram and our Institute for giving us an opportunity to take up responsibilities, share our knowledge and encourage our peers into various scientific activities.

“Research is to see what everybody else has seen, and to think what nobody else has thought”

-Albert Szent Gyorgyi.

Our institute has always adhered to this thought by providing us with constant support and an outstanding platform for understanding and practicing research all throughout our undergraduate course. Our interactions with experts and peers from other institutes give us an insight of the present scenario of research and guided us to form a road map to move progressively ahead into our future endeavour of life.

“There is no easy way out, no matter how talented you are, your talent will fail if you are not skilled.”

We all look forward in our professional lives to be victorious, but yet SUCCESS would not be achievable without persistent and conscious efforts towards enhancing our knowledge.

As rightly quoted by Andy Wooten, ***“Try something different today. Don't be stuck, do better.”***

We thus urge our junior peers to make most of the opportunity in hand and experiment in the field of Dental Research. Try something different today and everyday that would augment your knowledge and will ensure that you not only come out with flying colours in your academics but also confidently plan and face the challenges of the professional world.



GLIMPSE INTO THE RESEARCHFUL YEAR 2017- 2018

Wisdom is not the product of schooling but the lifelong attempt to learn more. With this thought our college Scientific Society organized various CDE Programs throughout the year starting with a practical knowledge and fun filled Orientation Program for the new intern batch, which also involved Life First certification and Dale Carnegie workshop on soft skills. The year witnessed varied guest lecturers which created an opportunity for the budding scholars of our college to enhance their knowledge about the present developments in Dentistry.



Lecture on CBCT by Dr. A. Nayak



CDE on 'Antibiotics' by Dr. Vishwas Chougule



CDE lecture on Pink & White Esthetics by Dr. Amit Gulati



Dr. Kadambari Rawal speak about Geriatric dentistry



Lecture on Research Spiral by Dr. Pradnya Kakodkar and Dr. Nitin Gupta



Dr. Chedha lecturing about Guided implants





“Systematic Review and Literature Search” by Dr. Ankita & Dr. Padmakar

Our alumni, Dr. Ankita Pasad (Dept. of Prosthodontics) and Dr. Padmakar Bhaviskar (Dept. of OMFS), dental graduates from MGM Dental college and currently pursuing MDS (2nd year) in our college itself, conducted a lecture for 1st MDS students on “**Systematic Review and Literature Search**”.

Our college students not only managed their academics but also showcased their extracurricular scientific presentation skills at various national conferences and intercollegiate Research Meet.



WDS 2017 winners from MGM Dental College & Hospital, Navi Mumbai

The 9th edition of World Dental Conference was held at Bandra Kurla complex grounds on the 6th, 7th and 8th October 2017. As every year all the first-year students were given the opportunity to attend one of the days of the trade fair. The All India poster competition held at WDS 2017, witnessed participation of 95 MGM Dental college students. **Out of the 15 finalists for the competition 8 were the students of MGM Dental College.**



Scientific poster competition winners at 56th MSDC

Our students also showcased their scientific presentation and extracurricular skills at the 56th Maharashtra Dental Conference held at Pune, on 8th, 9th and 10th December 2017. Total of 97 students participated in the intercollegiate presentation competition, which also included 5 of our first-year college students. **Best research paper/poster award was bagged by 10 of our college students.**

SCIENTIFIC DAY OF MAGNUM 2018

The annual scientific day of MAGNUM 2018 was held on the 15th January 2018 in the college auditorium. It was a scientific extravaganza of Guest Lectures, Paper/Poster/Video Presentations, Scientific Quiz and Scientific Debate.



Guests of Honour, Guest Speaker, Dean Madam, Scientific In-charge & Scientific Secretaries

The program witnessed Dr. Lt. Gen. S. K. Kaul, as the Chief Guest and Dr. Shishir Singh, as the Guest of Honour. The event commenced with the inauguration by lighting the lamp by our eminent guests, our respected Dean, Dr. Sabita Ram, Dr. Vanitha Shenoy, Vice Dean, Dr. Sumanthini, Secretary Scientific Society, Dr. Janaki Iyer, Scientific In-charge Students Council. This was followed by a brief introduction and felicitation of Dr. Lt. Gen. S. K. Kaul and Dr. Shishir Singh. The eminent guests and the Dean addressed the delegates and motivated them to enhance their knowledge and interest in research and come up with innovative ideas to improve the practice of Dentistry.





Inauguration of Scientific Event 2018 by Dr. Shishir Singh, Dr. Kadambari Rawal, Dr. Lt. Gen. S.K. Kaul, Dr. Sabita Ram, Dr. Vanitha Shenoy and Dr. Janaki Iyer

The inauguration was followed by a guest lecture by Dr. Kshitija Rao titled 'Why Stop at Teeth? New Horizons in Esthetic Dentistry'. This was followed by a lecture conducted by Mr. Amit from the Colgate Team, wherein he appraised the delegates about the new Colgate products and student friendly website that has been launched by Colgate. The event witnessed participation of over 350 delegates from various Dental colleges in and around Mumbai, Navi Mumbai and Nashik. The participating delegates were undergraduate and postgraduate students, and staff from YMT Dental College, Terna Dental College, D.Y. Patil Dental College, Navi Mumbai, GDC, Mumbai, Nair Dental College and SMBT College Nashik. The morning session concluded with the felicitation of the Guest Speaker and the vote of thanks given by Dr. Janaki Iyer.



Guest Lecture by Dr. Kshitija Rao titled 'Why Stop at Teeth? New Horizons in Esthetic Dentistry'



Students showing their presentation skills in paper/poster/video presentations at MGM Scientific Event 2018

The afternoon session comprised of various scientific deliberations such as intercollegiate scientific paper/poster/video presentation simultaneously being conducted with the intercollegiate scientific quiz and intercollegiate scientific debate at different venues. Staffs from various Dental colleges were invited to chair the scientific sessions. The scientific paper/poster/video competition got an amazing response from various colleges with **125 UG** registrations and **39 PG** participant registrations. There were a total of **164 intra-college and intercollegiate registrations** out of which **75 were paper presentations and 85 poster presentation.**

This year our college introduced a new intercollegiate scientific event of video presentations. This new competition platform gave the students an opportunity to showcase their dental cases, dental educational concepts through informative videos which were authentic and prepared by them. This new event got a good response from the participating delegates.

The scientific quiz had participants from GDC, Mumbai, DY Patil Dental college, Nerul YMT Dental college, Kharghar and MGM Dental college. 3 rounds were organized and at the end, the first and second prizes were bagged by MGM Dental College teams. While MGM Dental college students conquered the scientific quiz platform, the scientific debate on the other hand was won by students of YMT Dental College. Participants were given the topics 30mins prior the commencement of the debate.

The debate was judged by Dr.Jigna Pathak and Dr.Tushar Yadav. The enthusiasm of all the participating budding scholars in the scientific activities was appreciated by giving Certificates.



Faculty from various colleges invited for chairing the scientific session 2018

The success of scientific event wouldn't have been possible without the guidance of our dynamic Dean, Dr. Sabita Ram, the sincere efforts our dear Scientific In-charge, Dr. Janaki Iyer and our supportive Scientific team.



Scientific committee 2017-18

'Scientific Event 2018' turned out to be an outburst of knowledge & enthusiasm.

CULTURAL SECRETARY'S MESSAGE



Ratan Upadhyay



Sanjana Dharadhar

**“Don't cry because it is over,
smile because it happened.”**

If one line could summarize what we feel today, nothing could be more apt than this. The year began with a bang of enthusiasm as we took on the big role of Cultural Secretaries for the academic year 2017-2018. As we took on the responsibilities, with big boots to fill, we had not the slightest of idea as to what we were in for. Sleepless nights, long hours of brainstorming, sacrifices and heaps and heaps of memories. Being part of the council was by far, and will always be the best decision of our lives. No happiness in the world would match up to watching our dreams becoming a reality with the grand success of our college festival MAGNUM and thoughts becoming things with our historic win at the fashion show and singing competition at MSDC, Pune. We have had the journey of a lifetime being captains to the ship steering through every storm that came our way. We have stumbled, fallen and cried but we have also learnt the importance of bouncing back, standing up tall and learning that the race is long and it is only with you. Our experience wouldn't be complete if it wasn't for the unending support and help of every member of the student council and most of all the students of our MGM. The appreciation and encouragement, by our ever so wonderful Dean, Dr. Sabita Ram gave wings to our dreams. But what are wings without the wind beneath them driven strongly and fiercely by our four backbones, Dr Sankalp, Dr Janaki, Dr Vaibhav and Dr Laresh, we are forever indebted to all of you for making us stronger, more responsible and making us believe that together we can achieve anything; and oh so did we!



CULTURAL REPORT 2017-2018

Maharashtra State Dental Conference 2017, Pune

Starting the academic year with a bang, we saw a heavy participation of over 40 students from MGDCH competing and leaving their mark at the 56th Annual Maharashtra State Dental Conference held in Pune in December 2017. Students competed and won in the various drama, music, fashion and general knowledge based events. The musical maestros of our college, Ratan Upadhyay and Abhinay Desai bagged the first place in the duet singing category while Abhinay Desai won another second prize in the solo singing category along with a loud cheer and standing ovation from the audience! The cheering and applause continued as we also bagged the first place in the fashion show for our emotional and hard hitting revelation behind the 'Beauty of India'.



Participants representing the colours on India



First prize winners at the MSDC Fashion Show

MAGNUM 2018 – THE ANNUAL FESTIVAL MAGNUM WITH A CAUSE

This year we introduced a pre festival event called 'Magnum with a Cause' held on 6th January 2018. We brought in 50 students from 3 different NGOs for underprivileged children and organised a day full of activities including dancing, games and informative, interactive dental hygiene videos. It was one of the most beautifully conducted and executed event where we gave these underprivileged children a day of happiness, good food and showered them with gifts. Definitely the best way to kick start magnum 2018!



Students shake a leg with the children from the NGOs



Happy Faces with their gifts ready to head back



THE GRAND LAUNCH OF MAGNUM 2018

The most anticipated part of the year arrived, this year, on a plane that would take us on a walk around the world! As our theme for the year suggested, each team, was named after a continent or a region! The launch was a high energy packed hour filled with confetti showers, chants and cheers with each team roaring to outdo the others! The introduction of the college song and Magnum glimpse were the highlights of the afternoon along with the blood donation camp and voice of magnum auditions!



It began with a bang

INTERNAL EVENTS

PROJECT RUNWAY

A new introduction to the events this year, project runway turned out to be one of the biggest hits of the year with maximum participation, sky rocketing talent exhibition and a super entertainment quotient.



Stitching just in time



The new designers in town with their muses

BLINDFOLD CARICATURES

A crowd favourite this time too, found an outstanding response and participation with candidates trying to recreate their version of this year's MAGNUM logo.

ANTAKSHARI

A chaotic yet entertainment filled event, was an absolute riot, but had to be a super fun event with the interns bagging the first place followed by the staff and third years!



Beauties of MGM on ethnic day



Powerpuff girls ready to save the 'CARTOON NETWORK DAY'

STAND UP COMEDY

Ratan Upadhyay stole the show with his portrayal of the life of a student in MGM and what each staff member has to say in various situations! A real laugh riot, this was!

TRADITIONAL DAY

The staff and students of mgmdch put their best foot forward as each department represented a country more diverse than the other! This day saw an event full of colour, dance, music and celebration! The PHD department bagged the first place in department decor as well as the performances as they represented our beloved india



1st place winners – The Indians from PHD



Our professors nail the gangnam style in perio style



2nd place winners – The African Endodontists

RANGOLI AND FACE PAINTING

Always bringing out their creativity and culture, this year's rangoli competition and the face painting competition saw an all time high based on the theme, 'A Walk around the World'.



**Participants depicting their versions of Going Global
A walk around the world with the brightest colours**



Face painting maestros

MAGNUM Oscars

The highlight of this year's events was easily the MAGNUM Oscars! We felicitated all our favourite staff members with grace, class and lots of love as we gave away 18 specially curated awards for them. The jury was the interns and final year batches who cast their vote in every award category! This will be an afternoon none of us will ever forget!



**Starry afternoon with the winners of the
MAGNUM OSCARS 2018**

EXTERNAL EVENTS

Day 1 events

A grand celebration and display of talent it was, as we brought out the hidden personalities of the freshers with the Mr and Ms Magnum contest. Sanat and Savita, students of 1st year BDS stole our hearts with their witty answers and enigmatic personalities and went on to win the prestigious titles!

The voice of magnum singing competition was a treat to the ears as 13 artists of MGM brought out their emotions! Ratan Upadhyay and Pradnya Ingrulkar shared the first place in this category!

The starry evening ended on a high with the fashion show displaying animal cruelty and how it needs to stop! Dr Sudhir Kadam and his family graced our event with their presence and added soul to the festival



Academic winners and staff awarded by Dr. Sudhir Kadam and his wife



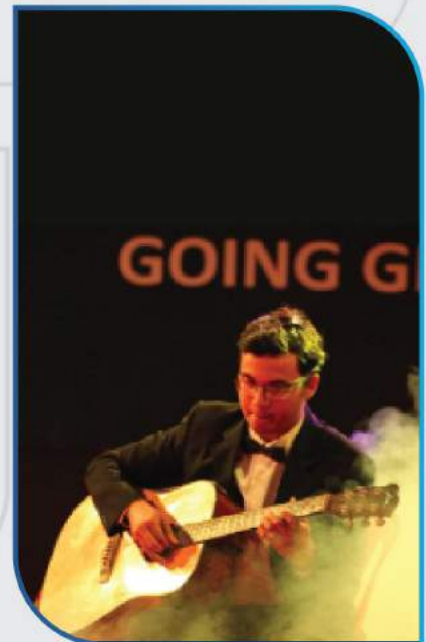
Personality contest winners Sanat Gokhale and Savita Thombre



Ratan Upadhyay



Pradnya Ingrulkar



Dr Floyd in his element mesmerising the audience



The wild cats ready for attack



Chinmayee Palande- Best Walk Female



Neha Jadhav- Winner Of Best Costume



Faiz Ansari (Right)- Best Walk Male



Namratha Dusa - Queen of Expressions

Day 2 events

Who says dentists have no time to live, who says dentists have no other talents! The final day of the festival was a plethora of art, music, dance and entertainment as we saw students from over 5 colleges in mumbai participate and win in the various singing and dancing events!



Abhinay Desai
(MGMDCH)



Majiri Bhate
(GDC Mumbai)



Gaurav Chaudhary
(MGM Engineering)



A special performance by interns



Dance for a cause- MGM DCH 3rd years



Global Tour Performance by Interns



Students from MGM Engineering with their electrifying performance



The Champions Of MGM Olympics Aurangabad being felicitated



Our guests of honour Dr. Ajit Shetty, Dr. Rajesh Gaikwad, Dr. Shishir Singh and Dr. Devanshi Vithalani being felicitated by Dr. Sabita



GDC Dancers winning the prize for the dance competition



SPORTS SECRETARY'S MESSAGE



Saloni Tawde and Faiz Ansari

This one year has been an incredible year as Sports Secretaries, as we have been participating not only in the college annual festival but also actively participating in sports competitions at zonal and state level. A heartfelt thanks to our dynamic dean Dr. Sabita Ram for letting us have these various opportunities. She praised us at our wins and backed us at our losses which mattered a lot. Also, a special thanks to Dr Laresh Mistry for encouraging us and boosting our confidence though all the ups and downs.

We have been privileged to be a part of the 35th foundation of MGM, Aurangabad. We have explored new horizons of chances and achievements at this event. We are really proud to say that all the efforts were worth it. We donned the second place and it was an overwhelming experience. During this journey we discovered some hidden amazing talents within ourselves which deserve a great platform to showcase.

As the college fest began, everyone enthusiastically started playing various sports, some for fun and learning and others for improving their game. It was truly a learning experience for us, managing all the sports events while letting everyone have a fair chance to participate and prove their mettle.

We got to interact with a lot of sports enthusiast in and outside college. We could appreciate their love towards sports which gave us the boost to function.

To us, this is the beginning of a new era, torched by us and yet to be carried and taken to new heights by our juniors.

The competition is real but the feeling of standing out is surreal!!



MAGNUM SPORTS EVENTS ADRENALINE 2018

Outdoor sports

These are the moments we look back to once the festival atmosphere wavers off. Though we were divided into teams as first years, second years, third years, fourth years, interns, post graduate students, teaching staff and non-teaching staff all having the motive to get points for their team, putting up their best men into the field and giving their best to be on the top; we didn't fail enjoying as one single team MGM Dental family. It was dramatic, adrenaline rushed and every second of the game was a moment to be captured. You name it... football, cricket, volleyball, kho-kho, box-cricket, tug of war; packed with energy and enthusiasm. We sure know how to make most out of what we are given, the ground still echoes with all the cheering and screams packed with energy!!



Suspense at the penalty shootouts.



Champs Of Cricket - Non Teaching Staff With Interns.



Undoubtedly the beast at tug of war- Interns



Running wild at kho-kho!



And it's a four!



Throwball enthusiasts



Indoor sports

This year MAGNUM witnessed various indoor and outdoor sports. The indoor games contained a myriad of exciting games including table tennis, carrom, chess and badminton. All the students, interns, PGs and staff members stepped up to prove their mettle and displayed excellent skills and enthusiasm. All the indoor sports were held in the common room. These events started from 1st of January 2018 and continued upto 20 fun filled days, 2 pm onwards. All the elimination rounds were carried out followed by the main draw. Engaging matches were witnessed. The event was a great success with every one putting their best foot forward and having a blast with a healthy balance of competitive spirit and comradery.



Staff members giving their best in carrom



Chess finals



Table Tennis champions



INTERCOLLEGIATE SPORTS EVENTS 2018

We feel overwhelmed not only to witness but also be a part of our college which had its own tour of sports this year. We were invited from the ends of city to participate in sports festival held by other colleges, including both dental and medical colleges. GDC Dental football tournament, IDA Cricket Tournament, Terna football tournament to name a few. These opportunities gave us the roller coaster ride of ups and downs, cuts and bruises, laughter and tears and the moments where we almost stole the show! We are lucky to get such exposure of sports and the competition out there outside our MGM campus, it surely got us enormous experience points which is as good as winning the big trophy!



**MGMDCH Football team
at 'LAKSHYA' Intercollege Football
tournament at Terna Medical College,
Navi Mumbai.**

INSTITUTE OF CHEMICAL TECHNOLOGY SPORTS 2018

Institute of chemical technology sports saga which was held at ICT Matunga on 15 -25th march 2018. Our intern Saloni Tawde participated in women's singles table tennis event and secured second place. She was felicitated with a trophy and a silver medal and certificate. Students from various colleges participated and made it a huge success.



**Winning the runner's up
trophy and medal**

MGM OLYMPICS AURANGABAD 2018

MGM Dental College and Hospital representing the MGM Navi Mumbai Campus in the 3rd MGM Olympics held at Aurangabad from 7th November- 10th November won the runner up trophy.

In terms of individual performances by colleges MGM Dental college has the highest number of medals by any other college at the event. MGM Dental College represented by 39 undergraduates and 2 post graduate students notched up a total of 31 medals at MGM Olympics Aurangabad . The tally consists of 14 gold, 14 silver and 3 bronze medals. And also won a trophy for the second best parade in the inaugural walk.



Remarkably it was just the MGM Dental College (14 gold, 14 silver, 3 bronze) and the MGM Law college at Nerul (2 gold, 2 silver) who participated from the Navi Mumbai region in the senior category.

In the terms of campus ranking Navi Mumbai is second powered by MGM Dental College for which a runner up trophy was presented on the MGM foundation's day i.e. 20th December 2017.



Gold medalists of throw ball



Ranked 1st at the inaugural parade



4x100 meters gold medalists



Girls ready to dive in



MGMDC team at MGM Aurangabad



Achieving the prestigious MGM OLYMPICS runner-up trophy at MGM foundation day

MUHS Ashwamed Krida Mohatsav Zonal Selection, Mumbai

The most anticipated part of the year arrived, this year, on a plane that would take us on a walk around the world! As our theme for the year suggested, each team, was named after a continent or a region! The launch was a high energy packed hour filled with confetti showers, chants and cheers with each team roaring to outdo the others! The introduction of the college song and Magnum glimpse were the highlights of the afternoon along with the blood donation camp and voice of magnum auditions!



Girls giving their best at khokho



The enthusiastic participation at Krida Mohatsav Zonal Selection, New Panvel



The thrilling kabaddi match

SCIENTIFIC ACHIEVERS 2017-18

THIRD YEARS

QASIM MANSOORIAN

1st prize in poster presentation - Dentovision

1st prize in poster presentation
- WDS 2018

1st prize in paper presentation - MSDC

3rd prize in poster presentation - ISPCON

VISHAL KARMANI

1st prize in poster presentation - Denasia

2nd prize in poster presentation - MSDC

2nd prize in poster presentation
- Dentovision

3rd prize in poster presentation - ISPCON

SHRUTI PARDESHI

1st prize in paper presentation - MSDC

1st prize in poster presentation- WDS 2018

AFREEN MERCHANT

1st prize in poster presentation
- WDS 2018

3rd prize in poster presentation
- Dentovision

SHAMIKA PURAO

1st prize in poster presentation-
Dentovision

BHUVANESH BHUSARI

1st prize in poster presentation
- IAOMR

THIRD YEARS

ASHLEY GEORGE

1st prize in poster presentation- IAOMR

SANIKA KARMARKAR

1st prize in poster presentation- IAOMR

MAHEK MARWAH

1st prize in poster presentation- IAOMR

MATEENAH PATRAWALA

2nd prize in poster presentation- IAOMR

SHILPI MISTRY

2nd prize in poster presentation- IAOMR

FINAL YEARS

SHAILI MEHTA

IDA Profile of the month- April 2018



SCIENTIFIC ACHIEVERS 2017-18

INTERNS

**PRATHAMESH FULSUNDAR AND
RACHANA DARAK**

2nd prize in poster presentation
- IAOMR

2nd prize in table presentation
- SCINAPSE 2018

AZHARUDDIN MISTRY

1st prize in paper presentation- MSDC

SANJANA DHARADHAR

2nd prize in paper presentation- MSDC

SHALINI PATEL

1st prize in poster presentation- WDS 2018

NEEKITA SAUDAGAR

1st prize in poster presentation- WDS 2018

MANISHA KYATAM

1st prize in poster presentation- WDS 2018

RUCHA SHINDE

2nd prize in poster presentation- IAOMR

RADHA RATHOD

2nd prize in poster presentation- IAOMR

POST GRADUATES

DR. RAJASEE SHAH

1st prize in paper presentation at 19th IPS
PG conference

DR. PANKTI SHAH

1st prize in paper presentation at 19th IPS
PG conference

DR. SWAPNAGANDHA KATE

3rd prize in paper presentation at 22nd
IOS PG conference

DR. KAUSAR SHAIKH

3rd prize in poster presentation at PERIO-
VISTA

DR. PANKAJ LONDHE

Consolation prize in poster presentation at
42nd ISP National Conference



MAGNUM 2018

CULTURAL EVENTS WINNERS

MINUTE TO WIN IT

Dr Shatakshi & Dr Ashwini Avanti (Staff)
Lynette Fernandes & Shruti Patel
(Interns)

TABOO

PGs
Interns
Staff

TELEGAMES SPOON & MARBLE

Mudit (1st year)
Gauri (2nd year)
Sejal (3rd year)

THREE LEGGED RACE

Jennifer and Shruti Manze(1st year)
Darshan and Gajanan(1st years)
Pooja Lad and Pradnya Mayekar (intern)

FACE THE COOKIE

Shivani singh (intern)
Vishakha (3rd year)
Pranali Jadhav (intern)

RANGOLI

Sonali, vaibhavi, monika (2nd year)
Dr Shrivalli, Dr Usha (staff) and Dr. Ketki,
Dr. Priyadarshini, Dr. Shalaka (PG)
Namrata Ahuja, Vaishali Sadhwani,
Monika Rathi (Intern) and Pooja Lad,
Yojana Kadam, Shivani Singh (Intern)

ANTAKSHARI

Interns
Staff

STAND UP COMEDY

Ratan Upadhyay (Intern)
Pandharinath Dakore (Intern)
Chandani Bhanushali (3rd year)

LIVE LUDO

Second year
Final year

MEHENDI

Divya (3rd year)
Harshita (3rd year) & Sapna (1st year)
Ayesha (1st year) & Shirin (Intern)

TREASURE HUNT

Staff
Interns

MASTERCHEF

Radha, vibhuti, rachna – interns
Kiran, vaibhavi, sagarika – 2nd years
Nehin, shruti, nikita – 1st years

SOAP CARVING

Monika Rathi- intern
Lynette Fernandes- intern
Vaishali Pillewar- 1st year

FACE PAINTING

Radha Rathod, Megha Patil
Namrata Ahuja, Vaishali Sadhwani
Monika Rathi, Shalini Patel

MELA

Oral pathology
Periodontology
Interns & 3rd Years



MAGNUM 2018

CULTURAL EVENTS WINNERS

MAD- ADS

Final year
Second year
Interns

BLINDFOLD CARICATURE

Omkar Iyer & Tejas Mhatre (2nd year)
Monika & Chinmay (Interns)
Sakshi & Sapna (1st year)

QUIZ

Staff
1st Year
PG

LIVE LUDO

2nd year
final year

DANCE COMPETITION – SOLO

Gaurav Chaudhary- MGM engineering
Sanika Karmakar- 3rd year MGMDCH
Namratha Dusa- Intern

DANCE COMPETITION – GROUP

3rd year MGMDCH
Govt. Dental College, Mumbai

SINGING COMPETITION- INTRA

Ratan Upadhyay – Intern
Pradnya Ingrulkar – 3rd Year

SINGING COMPETITION

Intercollegiate : Manjiri Bhate – GDC,
Mumbai & Abhinay Desai – MGMDCH

Intracollegiate : Ratan Upadhyay
& Pradnya Ingrulkar

MAGNUM OSCARS

Best Dept- PHD

Best Staff (Male)- Dr Vaibhav

Best Staff (Female)- Dr Jigna

Best HOD –Dr Rohini

Best Jodi- Dr Sankalp & Dr Laresh

Little Miss Chatterbox – Dr Janaki

Social Media Superstar – Dr Divij Joshi

Hidden Talent- Dr Ankita

Best Debut (Male)- Dr Aditya

Best Debut (Female)- Dr Trupti

Students Ka Sahara – Dr Mangesh

Google Gyaani Award – Dr Vineet Kini

Most Glamorous Staff (Male)- Dr Adil

Most Glamorous Staff (Female)-

Dr Ashvini

Special Interns Award – Dr Bharat Gupta

Khalnayak Award- Dr Shouvik

Best Dialogue – Dr Rafeeq

Lifetime Appreciation- Dr Sabita Ram

MAGNUM 2018

SPORTS EVENTS WINNERS

GIRLS CARROM SINGLES

Winner:
DR. SUSHMA BAPATLA
(Teaching staff)
Runner-up:
SALONI SHAH (Third year)

GIRLS CARROM DOUBLES

Winner :
**MAYMOL FRANCIS &
SUDHA PERKE** (Intern)
Runner up:
**DR. VARSHA &
DR. SUSHMA** (Teaching staff)

CARROM BOYS SINGLES

Winner:
ABHINAY DESAI (Intern)
Runner -up:
DR.PRITAV VAJIFAKER (PG)

CARROM BOYS DOUBLES

Winner:
**DR.LARESH MISTRY &
DR.MIHIR JHA** (Teaching staff)
Runner-up:
ABHISHEK GUPTA & OM LADKE
(Second year)

MIX CARROM DOUBLES

Winner:
DR. BHARAT SIR & DR. SUSHMA
(Teaching Staff)

MIX CARROM DOUBLES

Runner-up:
ABHINAY DESAI & SUDHA PERKE
(Intern)

CHESS BOYS

Winner:
ABHINAY DESAI (Intern)
Runner-up:
DR.AKASH MORE (PG)

CHESS GIRLS

Winner:
MANSI JAIN (First year)
Runner-up:
TANVI MALANKA (Intern)

TABLE TENNIS GIRLS

Winner:
SALONI TAWDE (Intern)
Runner up:
JIGNA PATHAK (Teaching staff)

TABLE TENNIS BOYS

Winner:
APURB KINKAR (Second year)
Runner up:
BHUVANESH BHUSARI (Third year)

BOX CRICKET

Winners: **FINAL YEARS**
Runner-up: **INTERNS**



MAGNUM 2018

SPORTS EVENTS WINNERS

TUG O WAR

Winner: **INTERNS**
Runner-up: **STAFF**

VOLLEYBALL

Winner:
SECOND YEARS

Runner-up:
STAFF

TABLE TENNIS GIRLS

Winner:
SALONI TAWDE (Intern)
Runner up:
JIGNA PATHAK
(Teaching staff)

TABLE TENNIS BOYS

Winner:
APURB KINKAR (Second year)
Runner up:
BHUVANESH BHUSARI
(Third year)

BOX CRICKET

Winners: **Final years**
Runner-up: **Interns**

THROW BALL

Winner -Final years
Runner-up: First years

KHO KHO

Winner: Interns
Runner up: First years

FOOTBALL

Winner: **STAFF**
Runner-up: **FIRST YEARS**

BOX CRICKET

Winner: **NON TEACHING**
Runner-up: **INTERNS**

TUG O WAR

Winner: **INTERNS**
Runner-up: **STAFF**

VOLLEYBALL

Winner: **SECOND YEARS**
Runner-up: **STAFF**

CRICKET

Winner: **STAFF**
Runner-up: **NON TEACHING**



MAGNUM AWARDS 2018

BEST PROFESSOR



DR. JYOTI NADGERE

BEST READER



DR. ANURADHA PATIL



DR. KAMLESH DEKATE

BEST LECTURER MDS



DR. ANURADHA MOHITE

BEST LECTURER BDS



DR. MANGESH JADHAV



**ADMINISTRATIVE
OFFICER**



MR. BALBIR SINGH

**STUDENT
OF THE YEAR**



TANVI E. MALANKAR

BEST NSS VOLUNTEER



PROJESH MUKHERJEE

NSS APPRECIATION AWARD



DR. VAIBHAV THAKKAR



DR. JANAKI IYER

NSS APPRECIATION AWARD



DR. SANKALP BHANDARKAR



DR. LAREESH MISTRY

Compiled by Tanvi Malankar (Intern)



REACHING FOR THE STARS 2017



Dr. Visalakshi Shivaraman

PIERRE FAUCHARD AWARD 2017

Receiving the **Pierre Fauchard Academy International Senior Student Award , India -2017** for outstanding academic excellence at the hands of the executive director of the Academy, Loralie Lowder , USA.

BITE IN CLEAR PATH AWARD SEASON VIII 2017

The 3 student nominees from MGMDCH, NAVI MUMBAI were:-

- 1- Dr. Jaishree Rijhwani – Best PG Category
- 2- Mili Mehta – Best UG Category
- 3- Tanvi Malankar – Best UG Category



Tanvi E. Malankar - Best UG



**Dr. Vishal Punjabi
– Best PG**

FAMDENT 2017

Final year MDS Post-Graduate Student of Department of Oral and Maxillofacial Pathology, MGM Dental College and Hospital, Navi Mumbai was felicitated by the most prestigious National Award FEDA- "Famdent Excellence in Dentistry Awards" in December 2017 for the Best Post Graduate Student of the Year amongst all Dental Colleges in India.

MUHS FELICITATION

The Maharashtra University Of Health Sciences (MUHS) And The Maharashtra State Dental Council (MSDC) felicitated the toppers in the academic year 2016-17 at GDC, Mumbai.

Tanvi Malankar (Final year), Dr.Ambika Arora Tiwari (OMDR, PG)
Dr.Jaishree Rijhwani (Periodontology, PG), Ashly George (Second year)
Akansha Kedar (First year), Rishabh kumar Jain (Third year)



Compiled by Tanvi Malankar (Intern)

BEYOND THE HORIZON



Gauri Tilak

Achieved 3rd price in 'AROGYA SANDESH' intercollegiate competition organized by MGM MEDICAL COLLEGE .

Bharatnatyam Nritya Virashad degree felicitation by Akhil Bhartiya Gandharva Mahavidyalaya .



Sanika Karmarkar



Ekta Patil

Bharatnatyam Nritya Virashad degree felicitation by Akhil Bhartiya Gandharva Mahavidyalaya .

Winner in intercollegiate Wall Painting Competition organized by MGM LAW COLLEGE.



Monika Rathi



Sanjeevani Raje

10th position in State Level Speech Competition held at Vita, Sangli
7th position in State Level Speech Competition held at Nashik

Compiled by Priyanka Devkar (Intern)



ALUMNI DAY

They say there is nothing like returning to a place that remains unchanged to find the way in which you yourself have altered and to go back in time. So, this year MAGNUM 2018 dedicated an entire day to the Alumni of MGM.

An initiative taken by Dr. Sankalp Bhandarkar, supported by our Dean Dr. Sabita Ram, organized by Chinmayee Palande, Neha Jadhav and team, this event saw a number of Alumni enthusiastically returning to their alma mater.

The day went on to include a horde of activities allowing the alumni to reconnect, including lunch and the alumni meeting to discuss the concerning issues. The day ended on a high note as alumni left with memories refreshed.



Felicitating the guest of honour,
Dr. Amit Gulati



Lecture on 'Pink and White Esthetics
- A New Era in Dentistry' by Dr. Amit



'Invest Right'- By Reliance Mutual Funds



Mesmerized by nostalgia

"MGMites BAG THEIR SEATS"

- COMPETING THEIR WAY ACROSS THE COUNTRY

NAME	INSTITUTE	SUBJECT
Raviraj Dhumal	DY Patil Dental College, Pune	Pedodontics
Sudeep Chaudhary	Career Institute Of Dental Sciences, Lucknow	Pedodontics
Janmesh Galvankar	Yerla Dental College, Kharghar	Oral Surgery
Bhavika Shetty	AJ Shetty Dental College, Mangalore	Endodontics
Sonali Sodhi	AB Shetty Dental College, Mangalore	Pedodontics
Vivek Jaiswal	Sinhagad Institute Of Dental Sciences, Pune	Oral Surgery
Aditya Nandan	Manipal Institute Of Health Sciences, Mangalore	Oral Surgery
Shalu Shah	Yerla Dental College, Kharghar	Prosthodontics
Aditi Prabhu	Terna Dental College, Nerul	Prosthodontics
Burhanuddin Khambati	MGM Dental College, Kamothe	Oral Surgery
Esha Mody	SRM Dental College, Chennai	Prosthodontics
Tanvi Mahale	DY Patil Dental College, Navi Mumbai	Oral Surgery
Prerita Kodnani	DY Patil Dental College, Navi Mumbai	Endodontics
Swapnil Sawant	Chhatrapati Shahu Maharaj Shikshan Sanstha	Orthodontics
Shukra Paralkar	Yerla Dental College, Kharghar	Periodontics
Kunal Deshmukh	DY Patil Dental College, Pune	Public Health Dentistry
Prerana Gaitonde	IDA	Public Health Surveys
Ayush Jaggi	Healis- Sekhsaria Institute For Public Health	Tobacco Research
Madhura Vairagi	MIDSR College, Latur	Periodontics

MAKING IT LARGE - "ALUMNI GOING GLOBAL"

NAME	INSTITUTE	SUBJECT
Kajal Talele	Adelphi University, New York	MBA In Health Administration
Nikita Ramachandran	University Of Michigan, Ann Arbor	MBA In Health Administration
Saniyah Shaikh	University Of Bedfordshire, Uk	MBA In Health Administration
Nikita Ranade	Durham College, Canada	Dental Assistant

Compiled by Neha Jadhav (Intern)



LINCHPINS OF MGM



DR. YOGITA PENKAR

Since my joining in the department, I have been largely influenced by Dr. Yogita for her dedication and sincerity and pendant personalities. Beyond this, she has always been a good listener, loving and affectionate towards me.

She is a life saviour, I can refer her as a handy dictionary of academic details of undergraduate students. Her tireless efforts in small details of any department work will always be a drive for me. God bless you dear friend. With loads of love and good wishes.

-DR. NIHARIKA SWAIN

Kabhi socha na tha, meri dosti kisse hogi., Par jis se bhi hogi, vo seedhi saadhi hogi
Na jane kaise tere chakkar me fas gai, raat ke 12 baje bhi bas yahi sochu, na jane kah
uchalti koodti hogi.
Insaano ki sangat chod, tere sang aa gai.
Na kabhi samjhi...tu thoda sudhri ki mai aur bigad gai.
Jaisi bhi hai tu, bas mere liye khaas hai,
Kyonki...tu hi hai, jisse mujhe ek sachi dosti ka ehsaas hai.
-MRS. SMITA BHIWANDKAR



DR. PRIYA SINGH



DR. MANGESH JADHAV

All the great things are simple and many can be expressed in a single word:
MANGESH

A person who has a vision to which each and everyone of us can connect and contribute to it's realisation.

A vision based on the belief that by doing good deeds, positive thinking and affirmative choice of words, feelings and actions, we can enhance goodness in the world around us and above all, he is the angry young man of MGM and absolutely loved by all.

-DR. RAFEEQ NALBAND

Though she was my teacher while I was doing my BDS, but now she has become my good friend as well as a great guide. She has a dynamic personality and an all rounder but very sensitive by nature.
She has vast amount of knowledge ranging from cooking to dieting to politics, hence we now call her our very own 'Prosthodontics ka Google - That's MUGLE (Munitha + Google)'
-DR. ANURADHA MOHITE



DR. MUNITHA NAIK



DR. SUJATA HIRAVE

Dr. Sujata could be the perfect example of how to live life head on. No matter what the hurdle is or how big the obstacle is, she teaches you to continue life with a smile. Never die, never give up and never complain attitude goes synonymous with her name. Hats off to such a strong and beautiful human being. God Bless her with everything.

-DR. VARSHA PATEL

She is sincere, hard working and caring person. She is a very humble and down to earth person. She is always there to help you in your problems. I wish health ,wealth and happiness in her life

-DR. MAUSAMI MALGAONKAR



DR. RUPALI DESHMUKH



DR. RAFEEQ NALBAND

Unique personality who stands out clearly amongst the crowd. A popular and gregarious person who never refrains from giving support to students as well as passed out MGMites.

-DR. ANURADHA PATIL

'Give the world the best you have, and the best will come to you!'
I want you to know that I really appreciate your efforts.
Your work speaks volumes of the kind of woman you are – efficient, organized and result-oriented.
People like you take the IM out of Impossible by becoming PRO at tackling PROblems.
Skills can be imparted, but the will to persist and persevere is inborn... a talent you have been blessed with.
Your hard work and efforts have paid off!!
Less problems, more solutions – keep working like this and nothing will be able to stop you from reaching the top..
This message is to recognize your contribution in the team's success. Your commitment has been exemplary and your hard work is an inspiration to everyone around you.. Well Done.

A big thank you for being with us.

- DR. KAMLESH DEKATE



DR. NASREEN HAQUE



Dr. Manisha is very quite and soft spoken, very emotional, hardworking, sincere and trust worthy.

She is the most amazing colleague.

She is a very good singer and also a good human being.

Thank you for being there for me always.

I wish her healthy life ahead.

-DR. RUPALI DESHMUKH



DR. MANISHA BHOSLE



DR. SUDARSHAN KADAM

No words can explain my friendship with Sudarshan.

He is nothing less than my alter ego. Also, I know he is the one person whom I can call anytime and he will be there.

-DR. MANGESH JADHAV

Knowledgeable, well – informed, meticulous and distinctive personality. You will always find her with a twinkle in her eyes and smile on her face.

-DR. ANTARA GHOSH



DR. MAUSAMI MALGAONKAR



DR. VARSHA PATEL

I still remember the first day of MGM...

Everything was new and day was full of hesitation. Finally, met a jolly TOM BOY girl- Varsha. As time flew, don't know when we became best friends.

This is for you Varsha-

Tera Call wala alarm, Teri morning ki gap shapp.

Vo gate se college ki ore bhaagna, department me milna.

Vo BHALI wali acting, Aankho ka matkna.

Vo DUDE wala tashan, mil ke panga lena.

Vo late night baatein, college me sona.

Na Janu mein, Family kise kehte hain...Main bas itna janu, tu jab sath rahe, family usi ko kehte hai.

Jab Jab mai hasi, Teri yaad aai

Jab Jab mai Fasi, Teri yaad aai

Na Janu mai, tu luck hai ya panauti..

Bas itna janu, Jo bhi hai...bas hamesha sath reh!!

-DR. PRIYA SINGH

Compiled by Shalini Patel, Sapna Somani and Samridhi Vyas



FROM OUR VERY OWN DR. USHA ASNANI

It gives me immense pleasure to pen down a few words for our in-house magazine. The past 20 years in MGM have been a learning curve for me. MGM is probably one of the best things that happened to me. I feel like I have a big family living across the globe. Every member of the team collaborates and this synergy carries us farther and faster.

Its stimulating environment has not just enabled me to learn and grow but always given me the feeling that it is just a start.

I have learned that teaching requires just more than reading notes loud and guiding pupils through them. It requires reinforcement, seeking feedback, writing good lesson plans, achievable learning objectives, managing discipline, writing high quality examination paper, making schemes, supervision team making and many other things. I had never thought to make it a dynamic, rewarding and challenging career.

I owe a lot to our leader, who always leads by example, our Dean, Dr. Sabita Ram, does different things at different times for different situations. She is supportive, demanding, encouraging, and omnipresent and will always fulfill whatever role she needs to help a teacher grow and improve.

Every aspect in teaching is to help the students to progress academically as well as to grow into a person who can contribute to the society. For my dear students....to those of you who received honors, awards and distinctions, I say well done and to all others I say you can become the PM of India.



Dr. Usha with her ever supporting beloved family



As she says with a smile "My Dear..." makes our day merrier

Compiled by : Pooja Lad (Intern)



TETE-A-TETE WITH DR. NAISARGI SHAH

1. **How is it like being a part of MGM for so long and witnessing it grow?**

MGM is like a second home to me. It is like a lady witnessing her children, her family growing. I have seen MGM dental college when it was one dental OPD room with one staff member, working with a few hand instruments and one extraction forcep. And now it has grown into a big tree with such magnificent branches, flowers and fruits.



2. **How have you developed interest in implant dentistry?**

I developed interest in Prosthodontics from my first BDS class. Since implant dentistry is again a way of providing a third dentition, it automatically has attracted me towards it.

3. **What is the secret behind your ever smiling and calm nature?**

There are no secrets. My nature, my behaviour and my thoughts, I have inherited all of it from my parents. I take life and welcome it as it comes to me.

4. **Tell us about your hobbies and what were you like in your college days?**

I am a trained Kathak Dancer. Love both, music and dancing. I remember singing and playing ANTAKSHARI for hours together in the corridors of our hostel. As a child, I had many other hobbies like reading, playing kabbadi, etc.

5. **How do you balance profession and family?**

It happens naturally with the support of my family.

6. **What is the best thing about teaching according to you?**

That you always learn a lot while teaching. Dentistry and even life is a constant learning process.

7. **The best thing life has taught you?**

I believe that the life is a bigger truth than the death. So one must live it to the fullest. I am a very big fan of "Bhagvat Gita" so I follow the principles of Karma. I only do my job and enjoy it thoroughly and the rest, I leave the rest to God.



Compiled by : Vibhuti Dhameliya (Intern)

ADIOS TO THE ASSIDUOUS MAN OF MGM, MR. BALBIR SINGH

Mr. Balbir Singh, the Administrative officer, the humble and hardworking soul behind the ever buzzing desk of MGDCH has lent us 12 years of his life to dedicatedly serve the institute and aide its growth. His farewell began with felicitating 'AO sir', as we all fondly refer to him as, with a bouquet and a shawl. A melodious song dedicated to all the officers of the Armed Forces was sung by Pradnya Ingrulkar. Aishwarya Dhumale spoke in Punjabi about the hardships in life of a Navy officer. Dr.L.S. Poonja, shared her words of affection for him. The Man of Honour then shared his experiences of working in the medical field which was totally foreign to him and the difficulties he faced while understanding the medical terminologies. He expressed his heartfelt gratitude towards our Dean, Dr. Sabita Ram for believing in him and supporting him throughout his journey at MGM. Gifts and cards were presented to our beloved AO sir by everyone. We then had Mr. Avinash (non teaching staff) share his experience with AO sir in Marathi. Dr. Sabita Ram was caught in tears while talking about AO sir. She mentioned about his presence in the good and bad phase, specially his hard work in getting NAAC accreditation to our college. 'Kabhi alvida na kehna' was sung by Ratan Upadhyay to express that he will always be remembered and missed by all at MGM. An emotional AO sir cut the farewell cake. As it is rightly said, 'Goodbyes are not forever. Goodbyes are not the end. It simply means we'll miss you until we meet again', we will really miss you.



MEET OUR NEW AO, LT. COMMANDER CHHAVI RATHI

"I am an Ex Defence Officer and Company Commander in Indian Navy, took VRS after serving a decade of a meritorious, dynamic, challenging and glorious service. During Service I got the opportunity to serve in myriad responsibilities and significant portfolios primarily along the western coastal belt of country. The Professional Excellency got adorned by the laurels received, in the form of Commendation by Indian Navy Chief for averting a major accident involving crores of Govt. inventory and twenty five precious lives.



I endeavor to achieve beyond the normal and have completed, numerous Marathons, represented Indian Navy Yachting Teams at National forums, a sharp Shooter, a Sea Swimmer, Horse Rider and played several other sports as, Golf, Lawn Tennis, Squash, Table Tennis, Basketball, snow skiing and Volleyball. I am also a singer and achieved laurels in various performances.

I was a Gold Medalist in MSc(Physics) and a Meticulous planner with an ability to achieve the desired results. My Qualifications include:-

1. MSc (Physics) spz Electronics. 2. PGDBA (Symbiosis,Pune) 3. PGD in Law and Management (NALSAR Univ, Hyderabad) 4. Executive MBA(IIM, Lucknow) 5. PhD(Pursuing, BITS,Pilani, Goa)

I have served in various capacities in Academic domain namely, Chief Mentor, NAAC Accreditor, Deputy Registrar, Professor, writer, conducting numerous Seminars and Panel discussions on various Managerial Issues, book reviews. Presently working in a Govt. Project on “Sagarmala: Sea Ports & its Economy” and ready with the Research Paper to be published shortly in Peer Reviewed Journal

My mantra is “Never Ever Give Up”, “Keep Fighting” and lastly as the adage marks, ‘Rest, if you must but Don't Quit”

We welcome you to our MGM Family and hope to learn and share a lot of experiences from you.

FROM BEHIND THE OFFICE DESK, MR. DEEPAK DHALE

Amalgam is not just a magazine but it is a mirror to the enthusiasm and spirit of the college, and I am glad to be a part of it. My journey with MGMDCH started on 09/06/2004 when the college was functioning in the hospital's old building on the ground floor. Since then I have seen it grow from 9 non teaching staff including lab attendant and office clerk to a humongous 72, all under the valuable guidance of Cdr. Retd. Balbir Singh Admin officer, Ex Dean, Dr. L. S. Poonja and the present Dean, Dr. Sabita Ram.

I deliberately want to mention that incident in my life during the year 2013 when I was extremely sick. Dr Sabita Ram madam not only collected money for me but also took me to Tata Hospital on a half day and requested the hospital staff to treat me. She was worried for me like a mother. She has always believed that the admin office is like her own family. Today I am living only due to her efforts and the entire MGM staff who has helped me.

I feel proud that I am a part of this institution which has been accorded lots of prizes and accreditation by NAAC with an 'A' grade.



Compiled by : Ketki Laware, Aishwarya Nagarajan, Shweta Thakkar

WE TIP OUR HATS TO...

We sincerely thank our Medical staff who moulded us into doctors since day one of entering college. We were as ignorant to the medical field as a new born is to the world. A teacher is one who gives you something to take home to think besides homework. They have given us a new perception towards life through the eyes of a doctor. Thank you dear professors.

ANATOMY

1. Dr. Anjali Sabnis
2. Dr. Lalita Chavan
3. Dr. Haritha Kumari
4. Dr. Charulata Shinde
5. Dr. Bhavana Junagade

PHYSIOLOGY

1. Dr. Inamdar
2. Dr. Rita Khadkikar
3. Dr. Yashoda Kattimani
4. Dr. Priyanka Rane

BIOCHEMISTRY

1. Dr. Parineeta Samant
2. Dr. Badade Zunjarrao
3. Dr. Sneha Pawar

PHARMACOLOGY

1. Dr Savita Sahani
2. Dr. Ipseeta Ray
3. Dr. Pradeep Jadhav
4. Dr. Snigdha Senapaty
5. Dr. Savitri Katlam

PATHOLOGY

1. Dr. Shilpi Sahu
2. Dr. Prabhakar Rao Patro
3. Dr. Priyanka Jadhav
4. Dr. Atul Jain

MICROBIOLOGY

1. Dr. Anant Urhekar
2. Dr. Sharvari Samant
3. Dr. Samir Pachpute

MEDICINE

1. Dr. Jayashree Ghanekar
2. Dr. Babita Ghodke
3. Dr. Mitesh Thakkar
4. Dr. U. N. Deshpande
5. Dr. Bhaimangesh

SURGERY

1. Dr. Dubashi
2. Dr. Vyas Natwarlal
3. Dr. Raviraj Jadhav
4. Dr. Ashish Jadhav
5. Dr. Lisha Suraj

ANESTHESIOLOGY

1. Dr. Olvyna D'souza
2. Dr. Vishwas Sathe
3. Dr. Sidharth Verma

-Compiled by Aishwarya Nagarajan



WORDPRESS 1.0- LITERARY CLUB EVENT

“Literature opens the doors of imagination and understanding and allows us to see the world as others see it”. This year, the students of third year of our college, headed by Aishwarya Dhumale, under the guidance of Dr. Vaibhav Thakkar and Dr. Sarika Shetty, collectively put forth the idea of a literary club.

The prime motive of this club is to create understanding and awareness of the importance of reading great literary works and to create a passion amongst students to develop a love for writing. The launch of this initiative, which took place on the 24th of January, witnessed the invincible power of words in the form of poetry, stories and monoacts performed by the students. The event was graced by the presence of our Dean, Dr. Sabita Ram, and beginning with an introduction to the club and a monact performed by Sukanya Sawant on religion and riots, followed by a storytelling performance by Prathamesh Fulsundar. The poetry slam that took place later blew the minds of the judges, **Dr. Kini**, **Dr. Pradnya** and **Dr. Ankita**. Beautiful thoughts fathomed into words, hidden talents overflowed. Around eight participants displayed their talents in Marathi and English languages.



The organizers and brain-child of the club



Dr. Ram along with the organising team, judges, winners and other staff members



Judges of the event



Winners of the event

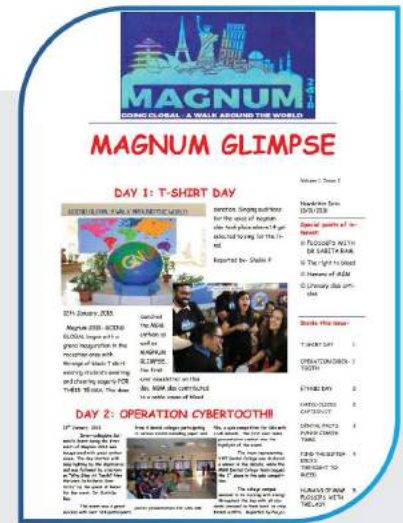
The event was made more interesting by a number of charts, illustrations and invites sent out by the organising team and the prop stand. The entire event was uploaded to social media with the official hashtag #mgmWORDPRESS.

-Compiled by Neha Jadhav



NEWSLETTER - MAGNUM GLIMPSE A NEW VENTURE

The most awaited time of the year had arrived. It was the month of December and the entire college was buzzing with activities. It was time for 'Magnum 2018'. The preparations were at its peak, we could sense the excitement and visualise the grandeur of it all. Multiple venues, various events, enormous participation, out flowing talent and cent percent enjoyment; the only motto was 'AagLagaDenge'. The environment was increasingly overwhelming and the feeling of showcasing it well was very much on our minds. But how??! And that is when the idea of starting a newsletter hit us hard. We looked at it as a media for popularising our annual festival with all the talents and innovations that it would bring a long. Highly motivated by the thought, we approached our dean ma'am Dr Sabita Ram. She appreciated the new venture and signalled us to go ahead.



Even so, we were still in a conundrum as to how do we go about with the implementation of something that had never happened in the history of MGM. Only when we started thinking in its depths did we realize that a lot of background work along with an alert and a swift group of people was the basic requirement to be able to publish an issue, every three days while the festival was going on. The driving force behind pushing us to do it was the gorgeous lady Dr Sarika Shetty. Under her excellent guidance we took up the challenge, strategized well, made backup plans, distributed the work, compiled, got the prints and all of that just in time! A special thanks to Uma Pawaskar (Intern) for her tremendous support.

The first issue of the first ever newsletter at MGM DCH, 'MAGNUM GLIMPSE' was launched on the 12th January, 2018. Complacency was too small a word for what we felt like and happiness knew no bounds. But consistency awaited us, three more issues awaited us. Team work did the magic. A very efficient editorial team of 18 along with the support of our photographers, we gave life to our dream. The entire credit goes to these set of people who were willing to work while the entire college was enjoying. The newsletter comprised of the detailed description of all the events along with amazing photography. It also gave an inside scoop on the lives of the inspirational personalities of our college via columns like 'Humans of MGM' and 'Flossips with the teachers'. Literary articles, dental facts, puzzles and comics were some other columns that found its place inside the issue.

On behalf of the entire editorial team I am proud to dedicate this new endeavour to our college and hope to see it evolve and grow in the years to come.

'We had an option of not doing it, but the mere determination of finding ways to do it has sailed us through.'

- Shweta Thakkar (Intern)





GLOBAL FACT O METER

Niue is the world's only Wi-Fi nation.

01

02

26th May is celebrated as Science Day in Switzerland as it was the day when Dr. APJ Abdul Kalam visited.

Square watermelons are found in Japan.

03

04

It is illegal to flush the toilets after 10 pm in Switzerland.

Dal lake has a floating post office.

05

06

Apple has more money than the U.S. treasury.

Ethiopia follows a calendar that is seven years behind the rest of the world.

07

08

Nauru has the most overweight population in the world with over 95% of its population overweight. Incidentally, it doesn't have a McDonald's...

Whiskey is the national drink of Scotland.

09

10

Russia has a larger surface area than Pluto.

Compiled by : Lynette Fernandes



CONNOISSEUR'S SECTION

SKETCHES

PIXEL

PAINTINGS

LITERARY:
ENGLISH, MARATHI
HINDI



A STEP TOWARDS EQUALITY

Feminism is a range of political movements, ideologies, and social movements to advocate women's rights on the ground of the equality of the sexes. Activists are struggling to push forward their views regarding feminism and women empowerment. While the rural women are struggling for their rights, it seems they are partnered with the "other gender", the LGBTQ+ community, to videlicet Lesbian Gay Bisexual Transgender Queer.

Today, homosexuality and queer identities may be acceptable to more Indian youths than ever before, but within the boundaries of family, home and school, acceptance of their sexuality and freedom to openly express their gender choices still remain a constant struggle for LGBT (lesbian, gay, bisexual, transgender) people.

Although, social media and corporate initiatives are creating increasing awareness of LGBT rights, only a small part of the bigger picture is exposed. Honour killing, family-sanctioned corrective rapes, physical abuse and so on are just a small list of things members of this community have to tolerate.

Awareness should be spread that sexuality is not just a choice but also a genetic trait. One should be free to make this choice just like other things, and accept others. Sexual orientation and gender identity are integral aspects of our selves and should never lead to discrimination or abuse. No one should be denied of employment, medical attention or accommodation based on their gender.

What the LGBT community really needs right now, is a strong support system to back them up. Both, the feminist and LGBTQ rights movements aim at combating similar mindsets, the patriarchy. LGBTQ people too, often become victims of misogynistic behavior. Their ultimate goal is equality, be it for gender or sexuality, both important civil rights issues that are deeply intertwined. Transgender women today are often not seen as being real women because they were biologically born a male. However, these are the women who are most prone to discrimination and hateful rhetoric. These are the women that feminism should be fighting and protecting.

The LGBTQ+ community as well as feminists encourage the same thing, to stray away from the gender norms if you so choose to. Gay men who express themselves in a feminine way are targeted more when compared to the one's who are more masculine. This is another reason why the two communities should work together. They both fight for people to be able to live their lives and express themselves in any way that they choose without discrimination. If the feminism activists welcome and encourage this minority to stand along them, they will together provide a great deal of knowledge while producing a great impact.

Shruti Bathe (1st Year)

WHAT TO CALL IT

It's unbelievable how the mind creates thoughts
From cosmos to sandstorms, things of all sorts
How the mind creates an image, it's hard to understand
Some really bitter, some really scary while some glorious and grand
Some of these I don't call thoughts
Because our mind talks too much about everything that wroughts
But sometimes it knows just what you need
Sometimes it creates something with all the memories you feed.
But maybe Mind is not alone, there's a heart too
Sometimes it loses touch with reality and sometimes things so true
It builds this thought or story, I don't know what's that actually
That gives you hope and courage and sometimes ecstasy
Though at times it seems scary and difficult as you see it happening to you
But for sure you know that all of these can someday come true
Some call these thoughts as wishes
Some call it fantasies
Some think that those are waffle cones that hold your life's ice cream
But I think I know what to call it, so I call it a DREAM.

Karishma Jadhav (2nd year BDS)

THE GIFT OF LIFE

It's Sunday morning, I'm reading a newspaper with a warm cup of tea,
Reading about a criminal who was set free,
Just then I read the story of a man who killed himself with a knife
Apparently so he was fed up of his life.
But how can one do such a horrendous crime?
I don't care anymore if this poem would rhyme.
Because it's for those who think Life's a jail
That their soul is in prison, never to get a bail.
No, no you're wrong, if you thought so.
Life's not always mundane, it's happiness and more.
Have you seen when it turns the dusks to the dawns?
Or just how cute a baby looks when it yawns?
Have you seen yourself with those eyes that you own?
2 hands and 2 feet to walk alone.



Hands that can hold or write poetry like this one
A mind so sharp that can get all things done.
Life's not only about the books you've read or the knowledge you've learned.
It's about the love, the happiness and the respect you've earned.
Life's a power that can rise above the deepest of pits.
It's the smiles that shine when all the sadness drifts.
Life's a treasure for you to behold.
It's about the stories that lie in your heart untold.
Life's a journey; it's what you make of it.
It's the light that can make the whole world lit.
So next time you think of stabbing yourself with a knife,
Don't forget you're ending something God sent you..The gift of life.

Karishma Jadhav (2nd year BDS)

BE BOLD FOR CHANGE

All women out there, pull up your socks,
Come let's show them all, you're as strong as rocks.
Let's bring a change by being bold,
It's time to break stereotypes and traditions old,
Because who said a woman can't do what men can
I'm sure if you stand up for yourself, you'll be better than a man
No more just you bear a child & stay in the kitchen to cook,
It's time for you to educate yourself by reading a book.
Say you don't want to marry,
because he wants your parents' money.
Don't be afraid and stand up for your right,
be courageous and change the world with might.
Show the rapists that you're not an object anymore
that you can get up again and like a lioness you can roar.
Don't ask a crying boy, "why are you crying, are you a girl?"
Let them know a girl can change lives and make the whole world swirl.
Look up to the doctors around, Malala or Michelle...
For you now the world is a stage, so come out of your shell
Now Wake up & leave the blanket of shyness in which you're curled,
It's time to prove that if you can rock the cradle, you can rule the world.

Karishma Jadhav (2nd year BDS)



LETTER TO MOM

Dear mom,

I never needed any words or letters or actions to talk to you since we communicated even before I was born, in that womb, which for me was the safest place in the whole world, I talked to you, and you understood whatever I felt. I always fascinated how you always came to know if I was hungry or I was angry even without seeing me. Somehow I feel that in your womb I also understood you really well even without seeing you, I actually felt every emotion of yours. My heart beats fastened when you were really sad and my legs moved in a kind of dance when you were happy, I am sure you remember how I kicked you when you were happy since I was dancing in your joy. It was such a pure connection with you when we didn't see each other.

Everything changed when we saw each other, not from your side but from mine. Many hours, days and years passed and you still continue to understand me like you did while I was an infant still I don't need to tell you my feelings since you already know them, but I have stopped understanding you. When I see you upset, I always need to ask you the reason for your sadness and no longer I feel the reason or understand your problems without words letter or actions. It is not like I never tried to understand what is going through your heart and mind. I tried many times but always found that you were always concerned about us (family and kids) so much more that you yourself never had the time to feel your own emotions.

Why is it that you understand me so well but don't understand yourself anymore? Why is it that you understand everyone else so well that you have more place for your emotions in your heart? Why is it that when any child grows up he/she could no longer feel his/her mom? Why is it that when a mother's child grows up, she stops feeling herself in the course of feeling and handling family? I wish I could go back into your womb and talk to you back again without actually talking, feel you, dance in your happiness and cry in your sadness and feel all the emotions which are only yours, the emotions which are not associated with anyone else but only you. I want to come back to your womb and understand you the way you understand me. Please take me back to your womb of emotions and make me feel you back again

Your loving daughter,
Maitry Shah

Maitry Shah (3rd year BDS)

WORLD IS MIRACULOUS WITHOUT SUPERSTITIONS

In the heavy rains, on a vacant footpath, a newborn baby boy was crying his heart out at 2:00 am in the morning. He got surrounded by dogs licking onto his little body which further on aggravated his cry and pain. No human could be seen on the road to help him. He kept on crying for 3 hours continuously until when a drunk-en beggar, Ramu, came on the footpath and saw him crying. He tried to stop him from crying; he made the boy drink water and took the boy to his hut.

Ramu named the boy Shankar. He thought to use Shankar as a tool of earning. He made Shankar beg everyday with him at stations, signals, footpaths and did not provide him enough food. He used all the money for alcohol. Shankar started calling Ramu "Papa". This continued for 4 more years after which Ramu got waiter's job. So he made Shankar to do the same job. He kept on using Shankar for many more years to go but Shankar in his internal self started getting angry for the work he was doing as he was growing. Seeing his friends going school every day he used to feel very bad. He decided to talk to Ramu about going to school. That day when Ramu came



home fully drunk Shankar tried talking to him.

Shankar told "Papa, I want to go to school. Why don't you allow me to go to school? All of my friends go to school every day." Ramu got angry and started shouting at Shankar. Angrily he told Shankar that he was an orphan and Ramu was doing a big favour on him by looking after him so Shankar does not have any right to ask such questions. After knowing the truth Shankar got shattered and couldn't stop himself from crying.

While he was crying Ramu left home to get more drinks. Shankar followed him since Ramu wasn't able to walk. So he went behind Ramu to help him. While Shankar left from his home he saw that Ramu got crushed by a car. Shankar rushed to him and took him to the hospital. Shankar worked day in and out to arrange for money and saved Ramu. Seeing Shankar's affection even after his cruel behavior, Ramu decided to take care of Shankar like his own son.

After getting discharged from the hospital, Ramu quit drinking and got Shankar's school admissions done. Ramu worked a lot for making Shankar study well and for paying his fees. Shankar proved to be a bright student and became a good engineer. Shankar and Ramu lived a good satisfying life.

Shankar became a part of NGO and helped many orphans and old people. He took care of many orphanages and old age homes. After some more days, Shankar went to one such old age home which Shankar took care of. He met a lot of old people and shared an amazing time with them. Everyone was happy after meeting him and used to enjoy a great time with Shankar. He saw an old man sitting in a corner of the room crying and sobbing. He thought of talking to him and went to him to enquire the reason for crying. With little hesitation initially he started talking to him after looking at his affection and said, "I am Mr. Jaysingh Ranawat. My daughters sent me to old age home because I was diagnosed with cancer and my daughters were not ready to take care of me. I think the karma is coming back to me. And now I realized how bad I did with my son."

Shankar asked "Your son? What did you do with him?"

Mr. Ranawat replied, "I was a very superstitious person and used to consult a lot of saints for every little decision. So did I when my wife gave birth to two girls and in the desire of getting a boy I consulted a saint when my wife was pregnant for the third time. But that day to my shock, I came to know that if I get a boy this time then my life will be at risk. Even after following a lot of instructions from saint my wife gave birth to a baby boy. I got so angry and frustrated and I took a wrong decision of leaving my dear son on the footpath all alone and lied to my wife saying he was dead".

While hearing the whole story Shankar felt an unknown rush of memory lane in his heart and couldn't stop his tears rolling from his eyes since he realized that Mr. Ranawat was no one else but his dad. He made his dad comfortable and told him, "Dad don't cry. I am that son and I'm not upset for whatever you did with me since because of that I got an amazing journey from a beggar to an Engineer". Later on Mr. Ranawat, Ramu and Shankar lived happily ever after, took care of the old age home, orphanage and helped many people by conducting various lectures against superstitions.

Saying no to superstitions

Will help everyone grow with unbiased emotions

Maitry Shah (3rd year BDS)



LIFE IS ON THE OTHER SIDE OF FEAR!

The fight
Sun kissed the birds good bye
The moon came and said hi.
Strolling among souls,
Some were warm, some cold.
I passed a tea seller, a fruit vender and a baker
Was in a hurry, promised to meet them later.
Singing melodies to cheer,
Little pups who came to hear.
Life seemed beautiful,
No need for a prayer.
All of a sudden I felt a cold touch,
I turned around and felt frozen.
My heart did a revolt.
Confused, to beat faster or just to halt.
Sweat appeared, like dusk after dawn.
I was terrified like a little fawn.
This was my fear standing tall and wide.

I always ran away, killing my joyride.
I thought someday he would leave me alone,
But nope, he is here as a scary clown.
Like always, my body prepared itself or flight.
But this time, I chose to stand and fight.
I swung my arm and gave a hard blow
He was down, from tip to toe.
I won the fight, that too on my own.
With joy and pride, I carried on.
Came back home and said to myself,
"You will not run away, you will fight.
No matter what, you will always chose what's
right."
"Always remember my dear.
Life is on the other side of fear..."
Life is like a sine wave.

Ashly George (3rd year BDS)

OUR COLLEGE- MGM DENTAL COLLEGE

The place where students strive, To be just dentists.
It is the place which helps us explore, Our inner potential & become skilled artists.

Our college, MGM dental college- Creates professionals embodied with light of knowledge.
The place where students with apron, Holding mouth mirror-probe are in fashion.
It is the place which develops our communication, And spirit of compassion.

Our college, MGM dental college- Teaches us to be empathetic & focus on patients' benefit.

The place where students are motivated to do research, In varied branches of dental care.
It is the place which teaches us professional etiquettes, Along with qualities like love and share.

Our college, MGM dental college- Lays strong foundation for future leaders to be the best!

Madhura A. Rajpurkar (Final year BDS)



CHANGING FACE OR FACING CHANGE?

Silent and swift from deep sight,
Foresaw the imagined light,
Conceived a baby and pleated hope in every braid,
And you said: it's a girl the choice has to be made!
At the age of nine, I was saved from rape,
And you thanked God because my hymen didn't lose its shape.
As a kid, walking to school was my bravery,
Is a man beating his wife, your display of chivalry?
When I had a skirt with a red spot on,
You said my shame was gone.
For every arc of my flesh, I was detailed & narrated.
Thirty-two, Twenty-four and thirty-six, that's how I was rated!
In-laws rejected me because I was dark,
And you said fair and lovely leaves no marks!
Didn't allow me to keep my father's surname,
And your tradition of dowry carried no shame?
Marital rape does exist,
Labeling me as a "cooking tool" makes you sexist.
Government calls tax free condoms and taxed period a new GST amendment!
Is population control Vs. women hygiene is that even an argument?
On my bra strap, your eyes got rolled.
Be it me or a celebrity, they were body shamed and trolled.
When you saw my cleavage, you scaled my character to core,
And the same you winked at me so you can score!
Sometimes I see you in a silent candle march protest,
Weren't you still the one who elbowed my chest?
Before putting acid and staining my memories with grease,
Make sure your character doesn't have a crease!
Complexity runs in the human race,
Infanticide was just another case,
What a wonderful sight,
When everyone is treated right,
Clap your hands, raise a toast.
To the hypocrisy you will always boast!



PS: To attain peace, one needs to teach peace!

Feminist, Chauvinist, Casteist, Racist, Sexist etc. words wouldn't have ever come into existence if we could have behaved like normal human beings and treated others as human too. Although I would be stupid enough not to raise voice against radical notions of the society. That is why women must speak out against the misogynist crimes that are perpetrated against them. The crimes shouldn't be normalized like they have been in the past. I refuse to stay in the world of shame and silent apologies. So, this piece coming straight from the diary of a raged 21-year-old ranting about the patriarchy rooted deep within our culture who firmly believes that HerStory is equally important as HisStory.

Kaveri Nikam (Final year BDS)

AN EVENING AT THE PARK

After a busy draining day, I reached home, ready to drop dead on the bed. But the cool evening breeze beckoned me to take a stroll outside. And so, I put on my walking shoes and walked down to the park nearby. It was around half past six on a surprisingly cool windy summer evening. The park was filled with happy screams of children, cries of vendors, birds chirping, smiling couples walking hand in hand. I lazily strolled on the newly paved jogging track lost in my own thoughts. Thoughts of how clueless I am in my life, how uncertain it is, thoughts of what after college, what about a career, why am I still alone, will I ever find my soul mate, will I ever earn money, what if my parents married me off... random thoughts flooded my mind.

That's when I saw a little girl rolling down from a small hill in the grass, giggling as she landed, her hair and dress covered with grass. She must have been around 6years of age. Just then a balloon vendor came by flashing colorful balloons of various shapes and sizes. She instantaneously ran towards her mother and excitedly jumped pointing at the balloons. Her mother obliged. The girl went running towards the vendor, pointed at a big bright red balloon. The vendor handed her the balloon, took the money and left. The joy on the little girl's face couldn't be expressed in words. Her eyes were sparkling as she ran around with her balloon. She showed it off to her mother, her grandparents and her older siblings. She looked as though she had conquered the world. I couldn't stop smiling at her amusement.

I walked ahead and sat down on a nearby bench. As I sat silently enjoying the cool breeze, I heard a girl yelling into her phone. It sounded like she was having an argument with her boyfriend. I couldn't help but over hear her conversation pretending to look here and there. She seemed upset about him bailing out on a date with her today. She accused him of cheating on her with another girl. She screamed out some pretty nasty words and cut the call. She was almost in tears. I felt sympathetic for her. She stormed off towards the exit of the park.

My eyes followed her footsteps and there in the far end of the park was an old couple sitting on a bench. They must have been in their late seventies. They were happily holding each other's hand, smiling and talking. The old lady put her head on the man's shoulder. They seemed contented with life, with having fulfilled all their responsibilities.

I shook my head and thought to myself, what an irony of the generations. Here, a small girl, unaware of what struggles life holds for her in the future, is now over joyous on receiving a balloon. She is not bound by any responsibilities. She is carefree and doesn't bother about who thinks what about her. On the other hand, is a teenage girl struggling with her love life. For her, that seems to be the major cause of worry in her life at this point of time.

Little does she also know about the real struggles of life, education, career, earning a living. And lastly is an old lady who has seen everything in life, struggled at every stage, brought up kids, educated and married them off. Peacefully relaxing and maybe proudly looking back at her achievements. It instantaneously brightened my mood.

Seeing the teenage girl also made me realize how hollow and materialistic relationships have become nowadays. It is fashionable to be in a relationship. Love just remains a word; it is no more a feeling. Uncool are the people who are single. There's someone today, there's someone else tomorrow. The terms and conditions of being 'in love' have totally changed. There is no long-term goal in a relationship these days. So long so good.

I pictured the old lady's love story. Even after so many years it was as fresh as the first day, innocent, unconditional, selfless. Her love story too would have seen so many struggles, but they survived it all, together, hand in hand. Their love was pure, unmaterialistic and giving.

I smiled to myself, got up and slowly walked towards home. That evening at the park made me realize one thing, we never know what life has in store for us. But one must always take out time to observe people. You learn so much from them. Little moments of joy create a beautiful life. The little girl made me forget my worries, the teenage girl's problems made my worries seem insignificant, the old lady taught me, keep moving on, there's always a happy ending. I remembered a line from a book I read, "I asked God: Give me everything in life to enjoy. He replied with a warm heart: I have given you life to enjoy everything."

Aishwarya Nagarajan (Intern)

JUST A WISH

Ever wished to go back in time?

Say the unsaid,
alter the said.

Relive the happy moments,
change some goodbyes into hellos.

Save yourself from heartaches,
right the wrongs.

Ever wished to go back in time?

Just to fix yourself,
just to start anew.

Ketki Laware (Intern)

DEAR MOM,

You made me laugh when I dint even want to smile.

You helped me to get up and run, when I couldn't
even walk a mile

You cooked for me with a smile on your, face even
though you were ill and weak.

You always made me understand the rights and the
wrongs, when I ranted my frustrated thoughts.

The nights, when I couldn't sleep, you stayed up
and put me to sleep.

You made me believe in people, when I dint even
believe in me.

I know, you'll always stay the same, to make my
world a better place.

Ketki Laware (Intern)



NEVER LOOK BACK

Never look back on the past with regret,
For the days that might have been
Nor the promise made that never kept,
And the goal you did not win.
For life cannot always let perfect,
And our days don't always shine bright
And promises are sometimes broken,
And dreams may not turn just right.
But nothing had been wasted,
Nor did idle tears just fall,
That all dear lord was not watching,
And understood it all.
For everything there is a season,
A time to reap and sow,
A time to laugh and time to cry,
And a time to learn and grow.
So let ghosts of past memories
Fade and ship away,
Far the promise of another season,
Begins with another new day

Monika Jadhav (Intern)

HAPPINESS

Happiness is something which you keep in your
mind,
Even if all you have is a dime.
If you celebrate and rejoice all the time,
You will have no sadness anytime.
If caring and sharing is something prime,
Satisfaction and contentment will always shine.
If your heart is kind all the time
Your garden of life will bloom and be sublime.
If happiness and sorrow is hidden in your smile,
Birds will sing and bells will chime.
If you take strength from forces divine,
Your life will always be on cloud nine!
If you have the love of your family all the time,
The poem of your life will perfectly rhyme!
With the love of your friends in your heart,
It will give your life a fun – filled start!
You will have all the joy within yourself,
If you say, "I can, I can, I can", yourself

Monika Jadhav (Intern)

NIGHT'S TRANQUILITY

Zephyr blowing my hair in the night's tranquility,
I gaze at the stars in utmost serenity..
Closing my eyes to escape the thoughts tormenting,
As I have nowhere to run away from the pain anguishing...

Vines of memories are twining over me,
Shadows of past are drowning me in..

But then, I feel the glitter of hope before the final despair,
It's my soul reminding me to be strong with an intense glare...

I roar in my ragged armour, I am a warrior, a knight,
Fighting wolves covered in a façade, that haunting silence of the night...
Surviving the wars of lies and deceit, I stand in pride for not succumbing from the ones who tried to tame
With each dent and scars, my heart still beats for love, even if it was once maim...

I break into pieces, those harrowing chains of aches away
Igniting the blitheness, after keeping the misery at bay..
I open my eyes, staring at the stars again in serenity...
Smiling with twinkle in my eyes, in the night's tranquility..

Samridhi Vyas (Intern)

A TRIBUTE

The ever charming the ever gorgeous,
The 'Preeti Saberwal' look alike seems worldwide famous.
A lovely colorful kurta that complements the million dollar smile,
And each time she enters, our hearts stop for a while.
Every move seems so graceful every walk so perfect,
The epitome of beauty with abundance of intellect.
From plaster models to patients, from second year to the fourth
Its been a short period but worth a lot!
She appreciated for the good she scolded for the wrong,
Whenever necessary, only to make us strong.
Thankyou Miss Rithima Sokhi for all the tolerance,
Love you Miss Rithima Sokhi for all the acceptance.

Though miles away... You shall remain safe in our hearts
And this is a promise from all the 92 hearts!

Shweta Thakkar (Intern)

NEPAL AND ME

I was a freshly passed out post graduate student in 2016 when I came across the job opportunity in Nepal for working as a Lecturer in Public Health Dentistry. Little did I know that this would be one of the most beautiful as well as challenging phases of my career. Before I could understand the magnitude of my work, I had landed in the mesmerizing landscape of Nepal, in the midst of Himalayan snow capped mountains.

Our hospital's mission was to provide quality care to the locals of Nepal, especially those who lived in remote and inaccessible areas. It was a community based hospital and had a separate community department program whose sole aim was to "Reach the Unreached". In collaboration with them we organized a few dental camps in remote areas.

One of the incidents that left an indelible impression on my mind was the camp we organized in Malkot, in Kalikot district of Karnal. It took us three days of travel by road on a very treacherous terrain and 6-7 hours of trekking to reach the camp site. There were hardly any healthcare facilities in the vicinity of our campsite. The people there warmly welcomed the entire team of medical and dental specialists. They kept us in their homes and fed us with whatever food was available with them at such a high altitude. They made sure the "doctors ki toli", as they named us, had no problems and we were kept as comfortable as possible. Throughout my stay of 3 days there was no electrical supply in the area and we could only perform dental procedures like extractions for the patients who complained of toothache.

The patients poured in from all the nearby villages on the mountains. They were elated to receive healthcare by specialists from gynaecology, ENT and General Medicine. On examination, the team discovered that many children had nutritional deficiencies, due to less protein in their diets. Majority of the people had very little idea about the various methods of contraception and the importance of family planning. Their dental hygiene and attitude towards availing dental care was poor.

It was then that I realized the importance of food. Even the little amount that we throw away could actually be a meal for some hungry child. Since then my perspective towards life changed. I have learnt the value of things and realized how easily we take whatever we have for granted. If we pause for just a minute and look at how blessed we are to be able to live comfortably and afford such things, we might be a little more at peace with ourselves. And inner peace – is it not what we strive for? From the depths of my heart I would always be grateful to Nepal, for it has taught me that in reality "Experience is the best teacher."

Dr. Shatakshi Srivastava
Lecturer (PHD)



MY HUMANS OF BOMBAY MOMENT

"I grew up in Saudi Arabia but after completing my education I moved to Bombay. My life has changed- quite a lot. Growing up there did come with its own restrictions but today I'm interning as dentist and living by myself half the time--other half with my younger brother. The one thing that I dreamt of doing or especially wanting to learn has been to dance and well that was it. It has been the most liberating feeling ever-- to dance, enjoy the music and being in that moment. It was my inauguration into a new life!

Throughout my childhood my dad has stressed on the importance of being financially independent and focusing on my own career before anything else- a lot of my choices have been influenced by everything he has said to me.

Initially when I moved here it was a scary feeling knowing you got no one to be there for you; realizing you got to make it and this was the opportunity I'd waited for all of my life. The biggest thing I've learnt while staying alone is the importance of balance. Being home, cleaning, cooking or managing the bills just makes you realize how easy a life mom makes for you, it may seem like it's a piece of cake but it most certainly isn't. Every once in a while I balance the chaos with calmness - I travel, trek to the remote parts of India. In those few days, my cell phone is off; I'm off the radar.

So that's me - I'm a dentist, who loves to dance and gets lost in nature for a while - and I love every minute of it!"

Zaineb Farooque (Intern)

THERE IS NO 'HE' WITHOUT 'SHE'

On a dark night, I was created by a drop of immense love. When the emotions flooded between two people at the start of a new life. But who knew that the future would be, a group of challenges, who thought easy it would be. It started with dizziness and vomiting and loosing of consciousness just like it happens when you are in pain and 2 shots high...!!

But this time it was different, because she wasn't high and nor drunk. It was a sign that a new life has sowed a seed in her. Soon this sign was confirmed by the various tests available handy to confirm. It was happiness all around the corners until the day of regret hit. Soon after a few months the sonography test declared that it was a baby girl and not a baby boy. This realisation killed the high spirits of the family but not of the mother. Days passed by with discrimination and curses by she didn't lose her strength. She kept on fighting and standing up for her girl who wasn't even aware of all the things going in the world outside. Even the society didn't let her live as it was a shame in their eyes to have a girl as a child. Arrived the day when her labour started and was taken to the hospital. A new journey was waiting for her and her new soul which was going to build up her strength again which was drained by the criticism of people. It was not a normal delivery, she had to undergo a C-section to get the child in her arms. But soon after the delivery the mother realised that her baby was taken away from her by the in-laws in order to maintain their hype in the society. The child was sent away from the mother who was strangled alone in hospital realising that the reason for her life was gone even before she could see her.

These kind of happenings were faced by many women earlier and are faced even today. Some of them are threatened to death while babies after coming to life are disowned. A major role is being played by society which is encouraging this abuse. But with education, somewhere control is established but not eradicated. Small villages still follow this sex discrimination which needs to stop to restore the value for women.

#betibacho #betipadhao #savegirlchild

Vishal Karmani (3rd Year)



एमजीएम ची दुनियादारी

एमजीएम ची व्याख्या किती भारी
एमजीएम आमचं लय भारी
दुनियात फार याची प्रचिती
NEET मुळेच झाली इथे आमची भरती
दुसर वर्ष आहे आमचं अजून
सगळ्या शिक्षकांची दुनिया पहायची आहे जवळून
एमजीएमची मोठी दुनिया दारी
एमजीएम आमचं लय भारी
Presently Absent च चक्र मोटं
हॉल तिकिट मिळण्याच लफड होत
नी दिली होती साथ
पण DADH मध्येच लागली वाट
Carving आम्हाला जमेना हो
Diagram पण नीट बनेना
खरच एमजीएमची मोठी दुनियादारी
एमजीएम आमचं लय भारी
Shoukin Ijkauh cavity बनवली
अंतरा डंड नी Amalgan भरलं
तरीपण आम्हाला Restoration नाही जमल
Teeth Arrangement नेहमीच Incomplete
कसा होणार आमचा कोटा Complete
All जीदां जव अनुराधा डंड
संकल्प सर is Superman
मंगेया सरांनी केली होती मदत मोठी
चोरून जाणारी मनालीची जपच जेव्हा पकडली होती
खरच एमजीएमची मोठी दुनियादारी

एमजीएमची आमचं लय भारी
मी एमजीएमची म्हणता म्हणता एमजीएमची माझं कधी
झालं कळलचं नाही
बघता बघता मळवलं इथ मी बरच काही हॉलिडेज ला
नाही येथे वाव
Regular college Regular Lecture इकडेच आहे
एमजीएमची धाव
एमजीएमची ची मोठी दुनियादारी
एमजीएमची आमचं लय भारी
कस हो आमचं वर्ष संपलं
नतं आमच अचानक गुंफल
आयुष्याने घेतला वेगळा आकार
भविष्यात भरे रंग अपार
आयुष्याची उंच भरारी
घ्यायला आलो एमजीएमच्या दारी
खरच एमजीएमची मोठी दुनियादारी
एमजीएम आमचं लय भारी
कसे का असेना एमजीएम घर बनले खरं
मनात एक कोपरा करून बसलेले बरं
अजूनही आहेत बरेच टप्पे गाठायचे
कसे का होईना Internship पर्यंत पोहचायचं
एमजीएमची मोठी दुनियादारी
एमजीएम आमचे लय भारी
I love MGM
MGM is the Best

Asmita (3rd Year)

तिसरी घंटा

आपलं मन किती चंचल असत ना, एकही क्षण असा नाही की मनात कुठला विचार नाही! कधी सुख चंच आयुष्य जगण्यात रममाण झालेले असतात : प्रत्येकजण स्वतः कधी दुःख आणि मनात साचलेल्या असंख्य भावनापण स्वतःपलिकडे एक जग असतं कधी त्या जगात फिरण्याचा प्रयत्न केला ? कधी भावना नाही तर संवेदना जगलाय ? हेच करत असतात कलाकार तिसरी घंटा ... सगळ विसरून एका वेगळ्या व्यक्तीरेखेला अस्तित्व देत असतात झाल्यावर !

काहीजण म्हणतात नाटक म्हणजे वेड असतं भल्या लाकांनी नाटकांच्या नादी लागू नये पण जर खर जाणून घ्यायचं असेल तर नाटक जगणाऱ्यांना विचारा रंगमंच म्हणजे फक्त एक दुःख जाणून एक संधी आहे परकाया प्रवेश करून त्या पात्राची सुख जागा नाही तर स्फुरण आहे हयातून ना आपण घडत प्रत्येक प्रसंगातून ते पात्र जे काही शिल्लक ते शिकण्याची घेण्याची जातो बहरत जातो एक माणूस म्हणून स्वतः चे स्वतंत्र विचार आहार घेऊ लागतात कधी कुठल्या क्षणी कसं बालिश होऊन तर कधी परिपक्व होऊन आपण घडामोडींकडे पाहू लागतो त्याच बरोबर भाषा सुधारते वावगं कळू लागत, उच्चार स्पष्ट होतात आवाजाची लय कधी कशी असावी लक्षात येते

तस तर पदजमत बवससमहम एकांकीका स्पर्धा दर वर्षी होतात विविध त्यात सहभाग घेतात मग सुरू होते नाटक लिहिण, वेशभूषा, रंगभूषा, दिग्दर्शनाशी बरीच एका काल्पनीक गोष्टितून आशय देणारी तर कधी मेहनत घेवून तयार केली जाते एक कलाकृती काल्पनीक पात्रांना पात्रांना सत्यकथा लोकांपर्यंत पोहचणारी जिवीत करणारी तर कलाकाराला आणि प्रेक्षकाला अंतर्मुख करणारी हया जगात एकदा तरी प्रत्येकाने हरवून जावं कधी संवेदनशिल अभिनेता तर कधी जाणकार प्रक्षेक व्हावं हासू आणि आसू ची गणिते थोडी शिकून घ्यावी अणि लोक कला तरूणाईत रूजून जावी हा पण आहेतवेढा तोल संभाळून आला कुठल्याही गोष्टीचा अतिरेक हा वाईटच आणि चित्रपट तर पाहतोच पण नाटक ही जपल पाहिजे

Sukanya Sawant (3rd Year)

आठवणी

एखद्या छोट्या क्षणातही मिळणारा आनंद
या असतात आठवणी
अगदी मारलेल्या व्यर्थ गप्पा
या असतात आठवणी
कधी ठरवून सोडवलेले कठीण प्रसंग
या असतात आठवणी
तर कधी न बोलता बरेच काही बोलून जाणे
या असतात आठवणी

जीवनामध्ये बरेच काही शिकवून जाणारे क्षण
या असतात आठवणी
हासू आणि आसू यांचा एकत्र अनुभव
या असतात आठवणी
आठवणी सोबत राहतील नेहमीच आता ही
आणि हो...पुढेही.

Pooja Barghare (Intern)



द डोंकी

"वक्रत बेवक्त साया सा मेरे नज़रों के सामने छा जाता है

मेरा बचपन मुझे बहोत याद आता है।"

बात उस समय की है जब गर्मियों की छुट्टियां चल रही थी और मैं अपनी नरम बिस्तर पर सोया हुआ था।

मौसम का रुख बदला बदला सा था। तेज हवाएं चल रही थी और घने बादल सूर्य की तेजी को कम किए जा रहे थे।

सुबह की चाय और बिस्किट लेकर मैं छत पर मौसम का नज़ारा लेने चला गया।

स्कूल नहीं जाना हो और कोई होमवर्क नहीं रहे तोह, एक आज़ाद पंछी जैसा लगने लगता है।

इन तेज हवाओं का आनंद लेते हुए, मैं नीचे सीढ़ियों से उतर कर खेलने जा रहा था, तभी बाजू की झाड़ियों मेसे अजीब सी बिलखने की आवाज़ आ रही थी। पास में जाकर मैंने देखा की प्यारी सी नन्ही छह पिल्लों को जन्म दिया था।

उन्हें मैं देख नर्म सा हो गया, था, इनके मासूम से चेहरे देखकर मैंने उन्मेसे एक काले धब्बे वाला पिल्ला मेने अपनी गोदी में उठा लिया, और वो मेरी ऊंगली को चाटने लगा, और मैं उसकी इस हरकत को समझने में लगा रहा तभी, पीछे से गुराने की आवाज़ आई, मैं घबरा गया, मुझे लगा अब इनकी माँ मुझे काट लेगी, पर ये डर कुछ पल में चला गया, पिल्लो की माँ ने मुझे जैसे मुझे इजाजत देदी हो उन्हें छूने की, उनके सात खेलने में मेरी सारी शाम बीत गयी।

शाम से ही बदला हुआ था, हमारी माँ ने हमे बाजार से कुछ मसाले लेन भेजा था, और देरी किये मौसम ने बारिश के साथ दस्तक देदी, छतरी तोह थी नहीं और तेज़ बारिश में भीगते हुए मैं घर लौटा।

सुबह तेज हवा गमले में लगे गुलाबो की कलियों को उधेड़ कर अपनी ताकत का अंदाज़ा दे रहा था, वर्षा ने अपने ठन्डे शीतल जल से पूरी धरती को मधुमय कर दिया और तापती जमीन को तृप्त कर दिया।

बारिश और तूफान दोनों साथ में मिलकर चारो कोने सनसनी मचा रही थी। बारिश थमी तो शाम को मैंने पिल्लों का हाल देखने गया था वो दृश्य विचलित करदेने वाला था, जैसे किसी तेज अंधी ने घर और परिवार उजाड़ दिया हो। ६ मेसे ५ पिल्लो की मौत हो चुकी थी। ये देख मैंने जिंदा बचे पिल्ले को उठा लिया और बिल्डिंग के मीटर घर में लेकर रख दिया और सूखे कपड़ों से पोंचकर रख दिया था। कुछ ब्रेड और दूध में कटोरी में डालकर एक बच्चे पिल्ले को खिलाने की कोशिश पर वो खाने से रहा।

मृत पिल्लो को मैंने अपने दोस्तो के साथ पास की ही खेत में दफन कर दिया था।

मैं अपने मित्रो के साथ उस पिल्ले के संग खेल रहे थे और वो उलट कर जमीन पर गिर गया, तो मैंने अपने मित्र पर गुस्सा जताते हुए उसे "डोंकी" कह दिया, इस शब्द पर छोटा सा पिल्लू भौंकने लगा, हमारे बार बार यही शब्द दोहराने पर वो जोर जोर से भौंकने लगा तोह हमने उसका नाम "डोंकी" रख दिया।। बैठे बैठे मेरी कानो में पीछे से हफते और रोने जैसे आवाज़ सुनाई देने लगी, पलट कर देखा तोह पिल्लो की माँ थी, मैं घबरा गया और जोर से चिलायया माँ माँ ... पर शायद वो पल मेरी जीवन का एक रोचक पल बनने वाला था .. पिल्लो की माँ ने रोनी आवाज़ में मेरे पैरो की उंगलियो को चाटने लगी, जैसे वो मुझे धन्यवाद कर रही हो, मा की आँखों में बच्चो को खोने का दुःख झलक रहा था। मैंने पहली बार किसी बड़े कुत्ते को माथे पर हाथ फिराया हो, उस पल में मैंने उसका नाम "छोटी" रख दिया क्योंकि उसकी पूंछ चोटी थी।

हर सुबह में चोरी चिप्पे दूध और ब्रेड लेकर मीटर घर में छोड़ आता, और शाम को भी वही दोहराता चला गया, डोंकी बड़ा होने लगा था।

कुछ महीनों बाद, "छोटी" को पास के रेल गाड़ी से दुर्घटना में मौत हो गई थी, इस दिख पल में हमने उसी खेत में दफन कर दिया गया और उसपर एक गुलाब का फूल वृक्षारोपण कर दिया।

छोटी के गुजरने के बाद "डोंकी" की देख रेख में ही करता था, वह मानो मुझे देख इतना खुश हो जाता था। उसके काले धब्बे आँखो पर भोट खूब लगते थे, अपनी छोटी सी पूंछ को इतराते हुए वह मेरे पास आकर, जैसे शेक हैंड करने लगता था।

मैं अपने मित्रों के साथ क्रिकेट खेलने जाया करता, तोह डोंकी भी मेरे संघ चला आता। मेरे दोस्त डोंकी से बहोत नाराज थे क्योंकि वह हमारी गेंद को अपने मु में पकड़ कर भाग जाता था। उसे पकड़ने जब हम उसके पास जाते तोह वो गुराने लगता और मुझे नई गेंद लेनी पड़ती थी। दिन भर दिन डोंकी शरारती हो के लगा था, एक दिन उसने मेरे मित्र के हाथ मे से सब्जी के झोले को छीनकर भाग



गया और उसमें रखी ब्रेड लेकर खाने लगा।उसदिन मेने पहली बार उसे मारा था ।लकड़ी से पीटा था मेने उसे ,बहुत दुख हुआ था मुझे।उस दिन के बाद कई दिनों तक डॉकी नज़र नहीं आया ,जैसे वह मुझसे नाराज़ होगया था । में उसे ढूँढने लगा कि वह कहीं मिल जाये पर वो कहीं पर नज़र नहीं आया । सुबह स्कूल जाते समय मैंने मीटर घर मे एक नज़र दौड़ाई ,तोह देखा डॉकी हमारी पुरानी सभी गेंद के साथ सो रहा था।

मेने उसके सर पर धीरे से हाथ फेरा,तो उसने अपनी आंखें खोली ,मुझे देखकर डर गया ,मैंने उसे मेरा प्रेम जताते हुए एक ब्रेड मेरे टिफिन से खिला दिया । दोपहर स्कूल से लौटने पर ,डॉकी मीरी तरफ दौड़ते हुए आने लगा और मुझपर कूद पड़ा ,गालो पर ,चेहरे पर चाटने लगा मानो बहुत खुश था ।थोड़ी दूर चक्कर मार कर वापस मेरी तरफ आने लगा और मेरी कमीज को खींचकर मीटर घर ले गया एयर मु में हमारी गेन्द लेकर मेरी तरफ छोड़ दिया ,मेने गेंद उसकी तरफ फेंक दिया और वो तेज़ी से उछल कर गेंद अपने मु से पकड़ ली थी ।धीमे से पूंछ हिलाते , भौंकते हुए वह वापस मुझे गेंद फेकने के लिए केह रहा हो ।पूरी शाम में डॉकी के साथ खेलता रहा था। कभी सोचा नहीं था कि कुत्तों से में डरता था पहले पर अब उन्हीं के संग आज में बड़े आराम से खेल सकता था।

समय बीतता चला गया और में मेरी १०वी कशा पास होकर ११वी की पढ़ाई शुरू हो गई थी।डॉकी अब अपने मोहल्ले का सबसे बड़ा नर कुत्ता हो चुका था ।लड़ने झगड़ने और इलाके बनाने में व्यस्त हो गया था ।

एक वक्त जब में आराम कर रहा था ,तभी घर की घंटी बजी और दरवाजे पर एक डाक वाला था ।डाक पिताजी के नाम की थी ।उसे में लेकर पिताजी के पास गया तो पिताजी ने मुझे पढ़कर सुनने को कहा था।खत पढ़ने के बाद में उदास होगया था। खत में पिताजी के तबादले के बारे में लिखा था ।तबादला यानी अब मुझे डॉकी से दूर जाना होगा ,में बेचैन होने लगा था ।पिताजी को जाकर कहा भी ,की क्या हम डॉकी को अपने साथ लेकर का सकते हैं ,पर पिताजी ने उसे सड़क किनारे का गंदा कुत्ता के कर धिकरित कर दिया था। पहली बार मैंने पिताजी से ऊंची आवाज़ और गुस्सा में झगड़ा किया था।

इन तंग भारी माहौल में अगली सुबह में स्कूल के लिए निकला पर गया नहीं ,में डॉकी को लेकर पास के मैदान में वही गेंद के साथ खेला,और खनेमे एक रोटी मैंने उसे खिलाई और हम खिले आज़ाद पंछियों की तरह यह वाहा भटकने लगे थे।कबूतरों के झुंड पे डॉकी ने दौंड कर छलांग लगाई और सभी कबूतरों को वाहा से उद दिया था उसने।उसे खेलता देख में में सोच रहा था ,की डॉकी को कैसे कहूं की ये हमारा आखिरी दिन है तुम्हारे साथ ,कुछ देर डॉकी से बिछड़ने के ग़म में डूबा था और नम आंखे खोली तोह डॉकी मेरे सामने ,मु में गेंद लेकर बैठा था ।उसे जाकर मैंने जोर से गले लगा लिया और रोने लगा था में।

अगली दोपहर ,हमने घर को खाली करने लगे थे और डॉकी अपने मीटर घर में चुप चाप ये सब देख रहा था।गाड़ी भर गई थी और में गाड़ी के पीछे बैठ गया था। गाड़ी रवाना हुई तोह मुझे जाते देख डॉकी भी मेरे पीछे आने लगा था ,मैंने उसे लकड़ी से डराया भी पर वो गाड़ी का पीछा करता रहा ,और इस बीच गाड़ी ने तेज़ी ली तोह डॉकी उस तेज़ी से पीछा नहीं कर पाया था और शहर की सड़कों पर उसका ये पहला कदम था ।वो बाकी गाड़ियों के दार से सड़क किनारे बैठ गया और उसे में देख था पर वो मुझे हर गाड़ी में ढूंढता हुआ दिख रहा था ।कुछ पल के बाद डॉकी मेरी नज़रों से ओझल हो गया था।

कॉलेज में पढ़ाई और नए दोस्तों के साथ में व्यस्थ होगया था ।अब जब कभी मुझे सड़क किनारे बिलखते पिल्ले दिखते तोह मुझे डॉकी की याद आती थी। बिल्डिंग के मित्रो से में डॉकी की खबर लिया करता था।कुछ दिन पहले ही दूसरे कुत्ते से झगड़े के बाद उसे घाव लग गया तोह मेरे मित्रो ने उसपर उपचार किया था ।२वर्ष निकल गए थे और मैंने अपने १२वी की पढ़ाई भी पूरी करली थी ।इस बीच मित्र का फोन आया कि ,डॉकी का घाव भरा नई था ,इस वजह से डॉकी की मौत हो चुकी है ।ये खबर सुनकर में खुद को रोक नहीं पाया और फूट फूट कर रोने लगा था।

खुदको संभालते हुए में अपनी चैर पर बैठ गया और टेबल पर रखी मेरी २०११ की डायरी में डॉकी के संग बिताई सरी यादिएं कई घंटो तक लगातार डायरी के पन्नों में समेटने लगा था ।

बस इतनी सी थी ये कहानी ।

Ajay Kumar Yadav (Intern)



जिंदगी

जिंदगी एक अजूबा है, भूल भूलैया है अनुभवों का। गिरकर उठना और उठकर गिरना यह रंग है उसका। जो रंग जाए वो तर जाये जो ना रंग जाए वो बहता जाए, कोशिशें यह स्वभाव है उसका। बेरंग पलों में भी जान वो भर दे ऐसी राह दिखलाये वो, पीछे छूटे घावों को समय से भर जाए वो। आती जाती ऋतुओं की तरह, नए नए रंग दिखलाये वो, गलत राह से सही दिशा की ओर हर दफा ले जाये वो। क्षमताओं को हर बार एक नई चुनौती से भर जाती वो, फिर उनसे लड़कर स्वयं पर विश्वास करना सिखाती वो। ऐसी ये जिंदगी खुलकर, मुस्कराकर जीना सिखलाती वो।

Namrata Ahuja (Intern)

मेरा वक्त बदल रहा है

एक मोड़ पर ठेहरा जीवन आपनी राह बदल रहा है, मैं खुश हूँ, एक वक्त के बाद, मेरा वक्त बदल रहा है। जाने कहा रख कर भूल गयी थी मैं, अपने सपने सारे, आज फिर एक नया सा ख्वाब आँखों में पल रहा है। बाँध लिया है, खुद को मैने एक नये यकीन से, आज़ाद भी हो रही हूँ, पुराना पिंजरा पिघल रहा है। नयी है चुनौतियाँ सामने, चल रही हूँ वजूद को लिए, राहे साथ दे रहीं अब, नये रंग में हर मंज़र रंग रहा है। छोड़ दिये पीछे मैने खौफ़, वहम, गुमार के साये, है काफ़ीला दोस्तों का जो मेरे साथ चल रहा है। रंज न कर मेरे नये अंदाज़ से अज़ीज़ अक्स मेरे, जिंदगी जीने का अब जरा नज़रिया बदल रहा है। बड़ी संतुष्टि है, जीने में आज कल एक अरसे बाद अब मेरा भी वक्त बदल रहा है।

Shivani Singh (Intern)

शुक्रिया

कुछ ऐसी तेज़ी से बीत गया वक्त अपने नाम के आगे एक उपाधि पाने की कोशिश में,की मेरे बहुमूल्य बचपन की यादें मैं जी नहीं पाया। वक्त गुज़रता चला हर दिन एक नया किस्सा,एक नया कारनामा जिसने नीव रखदी एक ऐसे किरदार की जिसे आपलोगो ने बोहत पसंद किया। आज की इस भागदौड़ में कभी पूछ लिया करता हूँ खुदसे,की क्या है वो चीज़ जिससे चेहरे पे मुस्कान फूट पड़ेगी? जवाब में मिलती है तोह सिर्फ यादें। कुछ खेल की वो यादें जब घर में सचिन को देखकर मैं खुद मैदान में वो रूप धारण किया करता था,कुछ पढाई की जब कक्षा में अव्वल आकर मेरी माँ गर्व में एक साल और गुज़ारती थी,जब उस बचपन की भोली आवाज़ में कुछ बुजुर्गों के साथ बैठकर पुराने गाने गुनगुनाया करता था,किसी फ़िल्म कलाकार की नक़ल उतारकर सारे दोस्तों को हँसाया करता था तो कभी वेद पुराण के किस्सों का ग्यान रखकर दादा-दादी को खुश कर दिया करता था। इन सारी बिखरी हुई यादों को फिरसे एक बार जी लिया मैंने पिछले इन पाँच वर्षों में,कभी गाकर किसी का दिल बेहला दिया,तोह कभी खेलकर पूरे कॉलेज को गर्व से सम्मानित किया,लोगो की नक़ल भी उतारी और उन्हें जी भरके प्रेम भी किया।प्यार करना भी सीखा, दर्द को पीना भी। खुशकिस्मत समझता हूँ अपने आपको जो जी गया ये पाँच साल आपलोगो के प्यार की बदौलत। यह नाम, यह शोहरत कल मैं था जहा आज कोई और है, वो भी एक दौर था ये भी एक दौर है। शुक्रिया MGM

Ratan Upadhyay (Intern)



SOBRIQUETS

Sobriquets are self-explanatory nicknames which are used in place of real names. Name the places / cities from their sobriquets.

1. LAND OF WINDMILLS _____
2. CITY OF CANALS _____
3. LAND OF WHITE ELEPHANTS _____
4. LAND OF THUNDERBOLTS _____
5. ISLAND OF PEARLS _____
6. SPICE GARDEN OF INDIA _____
7. SILICON VALLEY OF INDIA _____
8. FORBIDDEN PLACE _____
9. CITY OF GOLDEN GATE _____
10. SUGAR BOWL OF THE WORLD _____
11. BIG APPLE _____
12. CITY OF JOY _____
13. GOD'S OWN COUNTRY _____
14. THE QUEEN OF THE ARABIAN SEA _____
15. WINDY CITY _____
16. LAND OF LILIES _____
17. SWITZERLAND OF INDIA _____
18. CITY OF DREAMING SPIRES _____
19. ABODE OF SNOW _____
20. BLUE MOUNTAINS _____

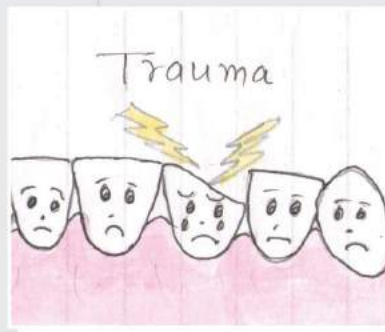
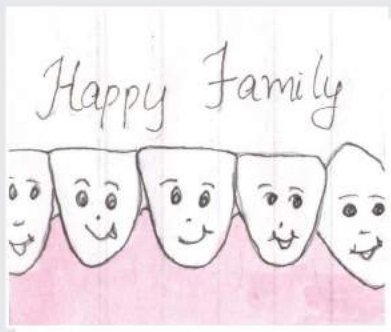
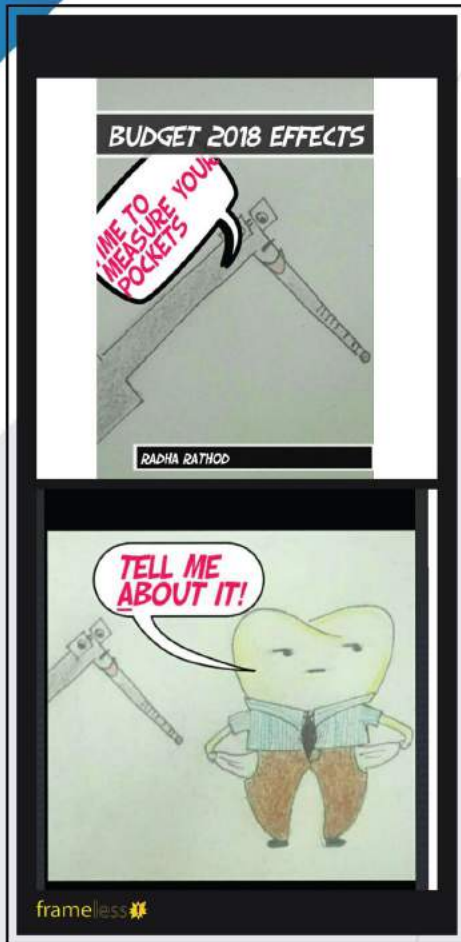
Compiled by : Chinmay Powale (Intern)

01. Netherlands 02. Venice 03. Thailand 04. Bhutan 05. Bahrain 06. Kerala 07. Bangalore
08. Shanghai 09. San Francisco 10. Cuba 11. New York 12. Kolkata 13. Kerala 14. Cochin
15. Chicago 16. Canada 17. Kashmir 18. Oxford 19. Himalayas 20. Nilgiri

Answer key:



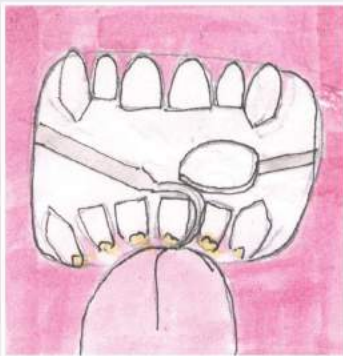
FUNNY CEMENTUMS





-Radha R, Ketki L and Deepti J

Calculus +



Calculus ++



Calculus +++

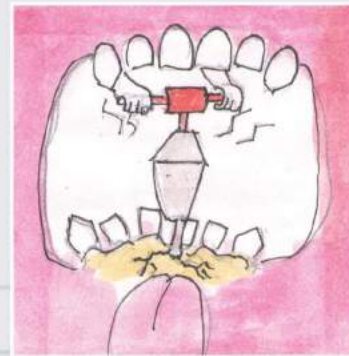


Illustration - Deepti

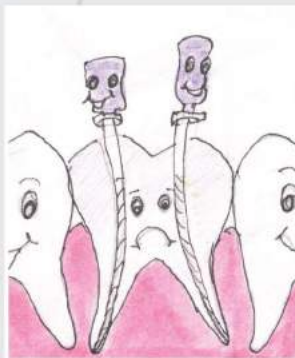
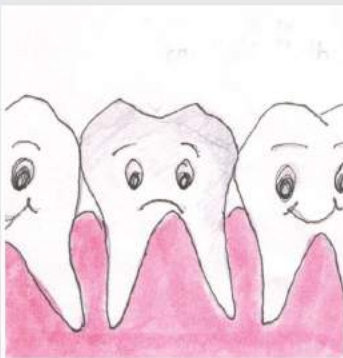


Illustration - Monika Jadhav

FOODICTED

MOONG DAL AND OATS PANCAKES

INGREDIENTS (1 CUP = 250 ML)

- 1 cup moong dal
- 2 to 3 cups water for soaking
- ½ cup oats
- ¼ cup water, for grinding or add as required
- ¼ teaspoon turmeric powder
- ¼ teaspoon red chili powder
- ½ teaspoon roasted cumin powder or cumin powder
- 1 pinch hing
- ¼ cup chopped coriander leaves
- ¼ cup finely chopped onions
- 1 teaspoon grated or finely chopped ginger
- 1 to 2 green chilies - finely chopped
- 1 teaspoon salt or add as required
- 1 to 2 tablespoon oil for cooking pancakes add as required.

PREPARATION:

- The batter in a bowl. add ¼ teaspoon turmeric powder, ¼ teaspoon red chili powder, ½ teaspoon roasted cumin powder, oats and 1 teaspoon salt or as required.
- Mix very well.
- Then add add ¼ cup coriander leaves, ¼ cup finely chopped onion, 1 teaspoon grated ginger, finely chopped green chilies and a pinch of hing.
- Again mix very well.
- Allow the batter to rest for 15 -20 mins.
- The onions will leave some moisture. check the consistency of the batter. if its too thick, then add 1 to 2 table spoons more water. adding too much water will not be good as it will not spread evenly on the non stick pan.
- The consistency of the batter has to be of pouring consistency, neither too thick nor too thin.
- Heat the pan. this is important as the pan has to be hot before you make the pancakes.
- Add a scoopful of batter towards the center of the pan.
- The batter will spread a little on its own.
- Just rotate the batter with the back of spatula giving a round and even shape.
- Drizzle few drops of oil around the edges of the pancakes
- Cook the chillas on medium heat. after a minute they will look crisp and brown.
- Flip the pancake and cook the other side for a minute.
- Once the pancake appear crisp and brown, remove and place aside
- Similarly make all other pancakes . you can stuff the pancake with some grated paneer if you want.
- Serve moong dal pancakes with tomato ketchup or green chutney.



Bon Appetit!

Vibhuti Dhameliya (Intern)



OATS KHEER

INGREDIENTS (1 CUP = 250 ML)

- 1 tablespoon ghee
- ½ cup quick cooking oats
- 3 cups milk
- ½ cup sugar or add as per taste
- ¼ teaspoon cardamom powder
- 1 pinch saffron strands - optional
- 3 to 4 almonds - chopped (optional)
- 3 to 4 pistachios - chopped (optional)
- 6 to 7 cashews - chopped (optional)
- 1 tablespoon golden raisins(raisins) - chopped (optional)

PREPARATION:

- chop all the dry fruits, keep all the ingredients ready for the oats kheer recipe.
- heat 1 tablespoon of ghee in a thick bottomed pan.
- add ½ cup oats.
- stir well and saute for 2 to 3 mins on low flame.
- then add 3 cups of milk. add 1/3 cup sugar. mix well.
- simmer oats kheer for 2 to 3 minutes on a low flame, till the oats soften.
- add chopped dry fruits, raisins, pinch of saffron strands and 1/4 teaspoon of cardamom powder.
- simmer for 2 minutes more and switch off the flame.
- don't boil the oats kheer too much else it will become a thick kheer. when the oats kheer cools down then it will thicken more.
- serve oats kheer warm or chilled as a breakfast or dessert post meals.

Bon Appetit!



Vibhuti Dhameliya (Intern)



aMaIGaM 2018.

PIXEL



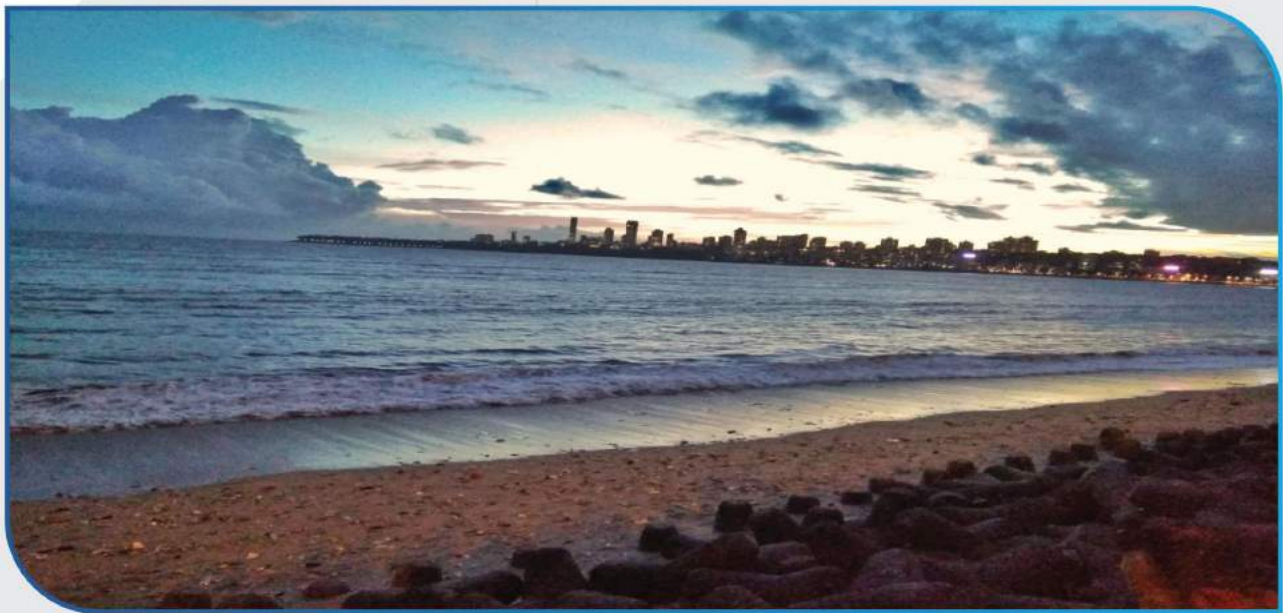
Avinash R (1st yr)



Namratha Dusa(intern)



Neeraj Giri (4th yr)



Kaveri Nikam (final yr)



Pooja Lad (intern)



Sayeeda Siddiqui
(2nd yr)



Ajay Kumar Yadav
(intern)

PIXEL



Aishwarya Nagarajan (intern)



Pankaj Londhe
Perio (1st yr PG)



Priyanka Devkar
(intern)



Pankaj Londhe Perio (1st yr PG)



Ajay Kumar Yadav
(intern)



Shaili Mehta (4th yr)



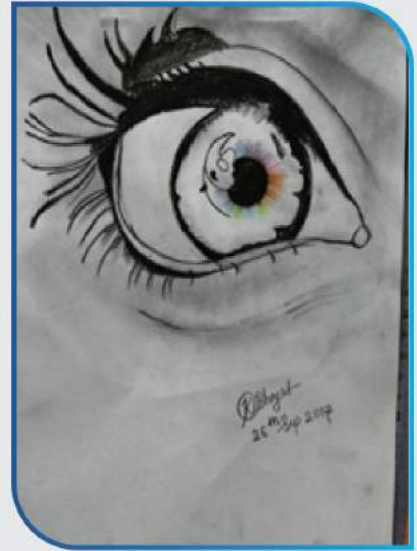
DOODLING DENTISTS



Shruti Patel
(Intern)



Savita Thombre
(1st Year)



Kaustubh Bhagat
(1st Year)



Ketki Laware
(Intern)



Rucha Shinde
(Intern)



Anjali Zaveri
(Final Year)



Ketki Laware
(Intern)



Dr. Ambika Arora
(Staff)



Riddhi Bothra
(2nd Year)



Anjali Zaveri
(Final Year)



Aishwarya Nagarajan
(Intern)



Riddhi Bothra (2nd Year)



Saranga Mahajan (2nd Year)

LA FAMILIA: MGM



FIRST YEAR
European Artisans



“The ardent beginners”

SECOND YEAR
North American United

MAHATMA GANDHI MISSION'S
MGM DENTAL COLLEGE AND HOSPITAL



“The tireless artisans”



FIRST YEAR TOPPERS

SUMMER BATCH

CLASS TOPPERS:

1ST rank - **Akansha A. Kedar**

2nd rank - **Karishma Jadhav**

3rd rank - **Apurva A. Kurhade Tanvi Mandlik**

SUBJECT TOPPERS:

Anatomy - **Akansha A. Kedar**

Physiology-Biochemistry - **Akansha A. Kedar**

Dental anatomy and histology - **Akansha A. Kedar**

WINTER BATCH

CLASS TOPPERS:

1ST rank - **Gauri Potdar**

2ND rank - **Rutuja Kadam**

3RD rank - **Riya Jain**

SUBJECT TOPPERS:

Anatomy - **Rutuja Kadam**

Physiology- Biochem - **Gauri Potdar**

Dental Anatomy and Dental Histology - **Gauri Potdar**



THIRD YEAR
South American Strikers



“The practised operators”

SECOND YEAR TOPPERS

SUMMER BATCH

1st rank - **Ashly George**
2nd rank - **Nilangi Bhopi**
3rd rank - **Parthvi Mehta**

Subject Toppers:

Microbiology-Pathology - **Harshita Sachdev**
Pharmacology - **Aditya Dhirawani**
Dental Materials - **Afreen Merchant**
Prosthodontic Preclinicals - **Shruti Mhatre**
Conservative Preclinicals - **Ashly George**

WINTER BATCH

Class Toppers:

1st rank - **Sakshi Madaye**
2nd rank - **Maqlin Fernandes**
3rd rank - **Shweta Karhale**

Subject Toppers:

Microbiology-Pathology - **Sakshi Madaye**
Pharmacology - **Maiqlin Fernandes**
Dental Materials - **Sakshi Madaye**
Prosthodontic Preclinicals - **Sakshi Madaye**
Conservative Preclinicals - **Sakshi Madaye**



FINAL YEAR
Australasian Rangers



MAHATMA GANDHI MISSIONS

MGM DENTAL COLLEGE AND HOSPITAL



“The meticulous perfectionists”



THIRD YEAR TOPPERS

CLASS TOPPERS:

1st rank- **Rishabhkumar Jain**

2nd rank- **Riddhi Jain**

3rd rank - **Manali Kadam**

SUBJECT TOPPERS:-

General Medicine

Rishabhkumar Jain & Shaili Mehta

General Surgery

Manali Kadam & Shaili Mehta

Oral Pathology - **Rishabhkumar Jain**

WINTER BATCH

CLASS TOPPERS:

1st Rank -

Madhura Rajpurkar & Priyanka Jade

2nd rank - **Tuba Mullaji**

3rd rank - **Prachi Surolia**

SUBJECT TOPPERS:

General Medicine - **Priyanka Jaiswal**

General Surgery - **Tuba Mullaji**

Oral Pathology - **Kaveri Nikam**



INTERNS
Roaring Africans



“The learned explorers”



FINAL FIRST TOPPERS

SUMMER BATCH

CLASS TOPPERS:

1st rank - Tanvi E. Malankar
2nd rank - Priyanka Patil
3rd rank - Heena Dodeja

Subject Toppers:-

Periodontology - **Mili Mehta**
Orthodontology - **Tanvi E. Malankar**
Oral Medicine and Dental Radiology -
Heena Dodeja
Public Health Dentistry -
Prachi Gaikwad

WINTER BATCH

CLASS TOPPERS

1st rank - **Kunjal Awate**
2nd rank - **Sayali Patil**
3rd rank - **Chinmay Powale**

SUBJECT TOPPERS:-

Periodontology - **Chinmay Powale**
Orthodontology- **Kunjal Awate**
Oral Medicine and Dental Radiology -
Kunjal Awate
Public Health Dentistry- **Sayali Patil**

FINAL SECOND TOPPERS

SUMMER BATCH

CLASS TOPPERS:

1st rank - **Tanvi E. Malankar**
2nd rank - **Nehal Mokashi**
3rd rank - **Pooja Naik**

SUBJECT TOPPERS:

Oral Surgery - **Prathamesh Fulsundar**
Pedodontics - **Mili Mehta**
Prosthodontics - **Shruti Patel**
Conservative Dentistry and
Endodontics : **Tanvi E. Malankar**

WINTER BATCH

CLASS TOPPERS:

1st rank - **Chinmay Powale**
2nd rank - **Sayali Patil**
3rd rank - **Kunjal Awate**

SUBJECT TOPPERS:-

Oral Surgery - **Chinmay Powale**
Pedodontics - **Sayali Paatil**
Prosthodontics - **Chinmay Powale**
Conservative Dentistry and
Endodontics - **Sayali Patil**



POST-GRADUATES Antartic Eskimos



“The tough veterans to follow”





Teaching Staff



Department of Pediatrics and Preventive Dentistry



Department of Public Health Dentistry



Department Of Oral Medicine and Radiology





Department of Orthodontics



Department of Periodontology



Department of Prosthodontics



Department of Oral and Maxillofacial Surgery



Department of Conservative Dentistry & Endodontics



Department of Oral Pathology





Library Staff



Administrative Staff



Non-teaching Staff



House Keeping

**OVERACTING KI
DUKAAN
PRANALI**



"Kya? Kyaa? Kyaaa?!!
HAHAHAHA..."

SORTED MAMTA



"Ssup BRO..."

**LeFORT SURGEON
MAYMOL**



"Tu muje bata sakti hai, mai
kisi ko nahi bataungi"

**UNIVERSAL HELPER
POOJA**



"Ha theek hai...mai
kar deti hu"

**MUSIC LOVER
PRAJAKTA**



"Chalo kuch toh spicy
khane chalte hai"

**MULTITALENTED
PRADNYA**



"Tuje patient nahi
karna toh muje dede"



**DIET WALA
FAIZ**



"Burpppppp..."

**DRAMAQUEEN
SUNDUS**



"Meri lipstick toh theek
hai na?"



**DARINGBAAZ
SHRUTI**



"Muje koi farak nahi padta..."

**LATECOMER
MANIKYA**



"Just saying..."

**MULTITASKER
AISHWARYA**



"Katti!!! Mujse baat mat kar"

**TECH-GURU
AABHASH**



"Abhi mai hostel
jaake so jaunga"



ABS WALI CHOKRI



LYNDOSA



EX- MR MGM



**LEAVING
NOW**



MAI GHAR JA SAKTI HU KYA?



MS. JIMMY CHOO



blah blah blah bl
lah blah blah blah
lah blah
lah blah



CHATTER BOX



INTROVERT



BATCH A2



ROSE QUEEN



ROCKSTAR



HEALTH CONSCIOUS



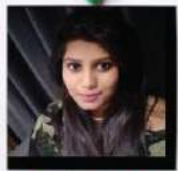
TUFF



PD THE FOODIE!



B1 BATCH



LATELATEEF



BUNKMASTER



NEWBIE



SASS QUEEN



CHATURNATH



FITSPIRATION



KINDLEWORM



CHHUMUI



NO PAPERWORK



APNA AIB



NAUTANKI



PRO-GAMER



QUICKSILVER





#MARATHI SCHOLAR



#WAKDA PUFF



#GUD NU LADOO



#CALL CENTER



#DHINCHAK SANJ

NO ONE
REALLY LIKES
US ;
EXCEPT FOR
US



CANT REALLY SEE
ANY OTHER
SQUAD TRYNA
CROSS
US



#SLEEPERIA



#BRACES BHIDU



#SQUINT SMILE



#FUKAT ATTITUDE



#NA MAZI NA TUZI



Dongri to
Dubai



Disasterville



Around the world
with C2 batch



Silent
hills



Chor
bazaar



Oxford st.



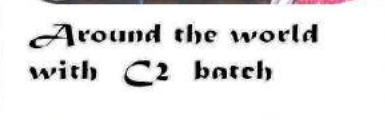
Time
traveller



Rock n'
roll
Island



Cat
City



Korea
town



Khao
Galli



Adventure
Junkyard



Muscle
City



Wonder
land



Procrastinomia



Holly
(overacting)
Wood



Introducing the very diverse, our batch D1, through the years we have laughed and cried and had lots of fun..

Everyone runs away, jab Raman dept me asta, She helps everyone, who comes her way, bolo 'Jai Vaishali Mata'!!

The foreigner in our group, Ruchi walks in as early as the sun,

With tomatoes and cucumber for lunch, Neekita has the guts and guns..

Never afraid to get work done, Sayali has got a heart of gold,

With uber sass and confidence, wherever you put her, Sanjana will mould..

Always running to be the first to leave, diplomatic Zayba is a friend to all,

Heart of the batch Naziya, is everyone's favourite doll..

The serene soul Shalini is a flash of positivity, encouraging us all on her way,

The creative genius of our group, Shruti brightens everyone's day..

Selfie queen Rucha with her bank of instruments is always ready to take a stand,

The girl with golden hair and hazel eyes, Devyani's company never goes bland..

New entrants to the MGM fam, Samridhi, Nasera and Sameena won our hearts,

With their warm souls and open arms, of us now they are forever a part..

Through his lens Niraj finds beauty in the simplest of places, he's smart and kind,

Suyash will be seen in some magazine, for his wit, intelligence & business mind..

Vijay is someone we can never forget, some good, some bad, but no regret,

The very photogenic Apurva, has also the kindest heart you bet..

Through these ups and downs, we have all stood together,

and made memories that'll last us forever..



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MGM DENTAL COLLEGE AND HOSPITAL NAVI MUMBAI



DENTAL SATELLITE CENTRES

1. MGM HOSPITAL, KALAMBOLI
2. VASUDEV BALVANT PHADKE SMRUTI MANDIR, SHIRDONE
3. SEAL ASHRAM, NERE
4. PRIMARY HEALTH CENTRE, AJIVALI
5. RURAL HOSPITAL, KASHELE
6. MGM SCHOOL, NERUL

MGM DEEMED UNIVERSITY OF HEALTH SCIENCES AND CONSTITUENT COLLEGES

MGM's College of Engineering & Technology
MGM's Institute of Management Studies & Research
MGM's Dental College & Hospital
MGM's College of Physiotherapy
MGM's College of Media Science
MGM's Institute of Research
MGM's New Bombay Hospital, Vashi
MGM's Hospital CBD
MGM's Hospital, Kamothe
MGM's Hospital, Kalamboli
MGM's Infotech & Research Centre
MGM's Pre-primary School (English & Marathi)
MGM's Primary & Secondary School (English & Marathi)
MGM's Junior College Science
MGM's Junior College of Vocational Courses
MGM's Florence Nightingale Inst. Of Nursing Education
MGM's College of Law

AURANGABAD

MGM's Jawaharlal Nehru Engineering College
MGM's Institute of Management
MGM's Mother Teresa College of Nursing
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. Mar.)
MGM's First Steps School (Pre-primary Eng.)
MGM's Sanskar Vidyalaya (Pre-primary Mar.)
MGM's School of Biomedical Sciences

NANDED

MGM's 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

PARBHANI

MGM's College of Computer Science

NOIDA

MGM's College of Engineering & Technology