



# MGM DENTAL COLLEGE & HOSPITAL NAVI MUMBAI



#aMaI  aM  
2016 DigiLearn







## ABOUT THE COVER

“ The cover page very aptly describes our theme for the year - “DigiLearn”. The cover page takes us to the digital world, where humans and computers work together to bring out new ideas, innovations. The globe in the human hand symbolizes how humans are running the world with help from digitalization. The other graphics relate to how we, as humans, are developing the world using technology. Technology is taking us places, connecting us from anywhere to anywhere within a jiffy. Digitalization has not only made our lives easier, but has given us a platform to share our thoughts and views. The rocket signifies that though we have achieved this much, we have miles to go before we sleep! ”



**Ms. Ankita Mistry**



**Ms. Krishna Bhanushali**



**Ms. Shraddha Galande**



**Mr. Siddhesh Borse**





## 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's concerns empathetically and adopting patient-centric treatment approaches
- Encouraging research in newer areas of dental sciences and teaching methodology for the benefit of population at large
- Enhancing awareness of moral and ethical values among dental health professionals with a commitment towards community dental care
- Laying foundations for future leaders in the field.

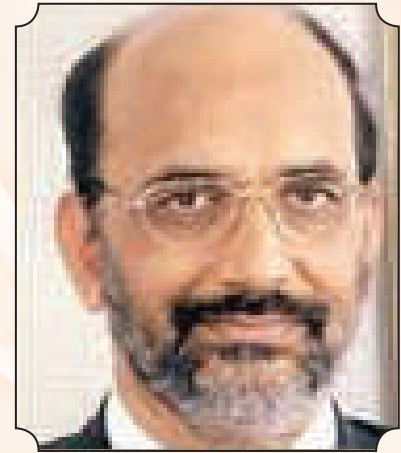




**Shri Komal Kishor Kadam**



**Dr. Sudhir Kadam**



**Dr. Nitin Kadam**

## VICE CHANCELLOR'S MESSAGE

**M**GM Dental College is the feather in the cap of the MGM family. This institution never ceases to amaze me and make me proud

Yet another year has gone by and they have come up with their annual college magazine #@M@IG@M'16, the theme being "DigiLearn". Congratulations on that!

I believe, technology should improve your life, not become your life. Technology can become the "wings" that will allow the educational world to fly farther and faster than ever before- if we allow it.

Technology won't replace teachers, but teachers who use technology will probably replace teachers who do not!

I believe MGM Dental has always walked along with time, improving each year, using modern technology for giving the best to everyone, striving to keep pace with emerging trends at the same time remaining humble.

Wishing all the team and staff and my loving students a digital and shining future ahead...!!!!

**- Dr. Sudhir Kadam**





## DEAN'S MESSAGE

**M**y five years in the institution have been an experience of learning, sharing knowledge and expertise with students and staff. The years have gone by so fast, it seems just yesterday that I stepped in to head this institution. It has slowly and steadily grown to be a place of excellence, a place that is loved by the students and where we teachers enjoy teaching.

The institution, keeping its vision and mission in mind, has worked towards getting itself accredited by the National Assessment and Accreditation Council. This will help us assess our strengths, weaknesses, opportunities and challenges, developing them in the right direction.

The theme for the college fest 2016 was “#MaGnuM” and the college magazine “#@M@IG@M’16-DigiLearn”- this was to emphasize the progress of technology into the digital world and its utilization for teaching and learning. It is a double-edged sword which should be used wisely. Though it brings technology, communications and information at our fingertips, it moves humans away from each other. We say a hello on WhatsApp but have no time to visit each other and smile. We should use it wisely for enrichment and not become slaves to it.

Our institution believes in the overall development of the student, we have a blend of academics, cultural and social activities during the fest. This brings out hidden talents and students can showcase their capabilities as leaders and organizers at the fest- as it is by the students, of the students and for the students. It gives them a chance to plan and execute the program, showing their qualities of governance.

The growth of the institution has been closely monitored by our Director, Dr. Sudhir Kadam, who has guided and mentored us at every step. He has been a source of inspiration and encouragement for all that we have been able to achieve. The ever dedicated staff and enthusiastic students have been my support in what we are today. I always say- “Together we stand”- which proves to be true for our institution.

The magazine committee is burning the midnight oil to meet the deadline for the release of the magazine. I wish them all the best....

-Dr. Sabita M. Ram





## ADMINISTRATIVE OFFICER'S MESSAGE

It has been my greatest pleasure to be associated with a prestigious institute like ours since its inception. I have been extremely lucky to be a part of the journey of this college since its foundation till today- where it has reached the pinnacles of success.

Over the years, I have seen this college pass each and every milestone and increase the notch a tad higher. With immense support and co-operation from our director Dr.Sudhir Kadam and the constant guidance of Dr. Sabita M. Ram, Dean of this college, we have been able to deliver glorious results.

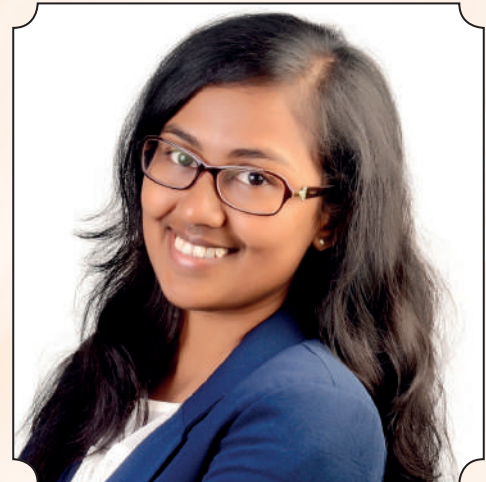
No success story is complete without a heart and soul and that role has been outstandingly played by the staff and students of our college. As abecedary, our staff has always enlightened peers and students with optimum knowledge and the students, not far behind have passed out with triumphant and flying colors.

I appreciate the efforts put in by each and every one for the development of this institution and I always promise to stand by this college in its good and bad times. The students have showed utmost dedication and perseverance for its annual college fest “#MaGnuM’16”, and its annual college magazine “#@M@IG@M’16-DigiLearn”.I wish them all the best for their release of the magazine. It has been a memorable journey so far and in future I hope it is even more joyous.

BEST WISHES!

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





## EDITOR'S MESSAGE

It is my absolute honour and privilege to be penning down these words as Editor-in-Chief of #@M@IG@M'16.

Our theme this year, going hand in glove with the evolving times as always, is “DigiLearn” - emphasizing the importance of technology in education, what MGM Dental College has been exemplifying from its inception. Be it PowerPoint Presentations, Smart Boards, new advances in Dentistry, our teachers have been seamlessly making technology a part of their teaching. We need technology in every classroom and in every student and teacher's hand, because it is the lens through which we experience much of the world.

It was not an easy task – putting together #@M@IG@M'16 within the deadline, but it was made possible under the constant guidance of our beloved dean, Dr. Sabita M. Ram and our ever so enthusiastic mentor, Dr. Richard Pereira. I wouldn't have been able to present to you all the #@M@IG@M'16 that you hold in your hands without the ever supportive editorial team. Anuradha, thank you for being the most patient co editor ever and filling in where I faltered. All my language editors, Pradnya, Priya, Bhumi, thank you for putting together beautiful articles. It wouldn't have been possible if Dr. Naisargi, Dr. Jyoti and Dr. Sushma weren't there to help us out. The talented creative team of Amruta, Needa, Nishtha and Haadiya, thank you for making #@M@IG@M'16 look beautiful. The photographers turned dentists – Chirag and Pankaj – thank you for giving all the photos your professional touch.

Of course, #@M@IG@M'16 cannot be, without the contribution of each and every one of you who have written wonderful articles and helped in whatever way you could.

Thus, we, the editorial team, present to you “#@M@IG@M'16 – DigiLearn”.....

Signing off...

- Ms. Ankita Pasad





## CO-EDITOR'S MESSAGE

I have a small story to tell before I present my thoughts about how I feel about being a part of this magazine. There was this boy who never took interest in his studies, found the classes boring. He always had the knack of electronics and used to work with his father at his garage. At school, he was very fascinated with electronics. With great difficulty, he passed high school. After graduating from high school, academics never fascinated him and finally dropped out of college. Years passed by but he never forgot to follow his dreams. Today we remember him as the founder of world's best computer company- APPLE - the great Steve Jobs. He quoted "The only way to do great work is to love what you do..."

I have always been fascinated towards literary arts. The interest toward writing was inculcated in me by Enid Blyton, JK Rowling, Ruskin Bond and so many others. That was the thing about my childhood: we had libraries which had 1000 stacks of books and each carried within it a different adventure that took you to a land far off from reality. I always used to love the smell of the fresh crisp pages from those books.

Times have changed and so has the idea of reading and writing. It is the era of digitalization. There are E books on various websites that have given academics a whole new turn; blogs where you can write and convey your stories to the entire world. With digitalization we have been able to perceive a whole new perspective about learning and teaching. When it comes to recreation, there are so many portals that have created a new dimension to storybooks, the most recent being Kindle.

I feel extremely proud and happy that my college has come up with such an upbeat theme that fascinates people of all age groups. I feel extremely privileged to be working on it as a co-editor. Such a huge project would not have been possible if it wasn't with the help of my editor Ankita Pasad and all my team members who strived really hard. The staff of MGM has always been a pillar of strength for us, giving us constant support. Last, but not in the least our dean Dr. Sabita Ramwas like the lighthouse in this great ocean of opportunities. I hope this year #aM@IGaM 2016 will be the best that MGM has witnessed till now. Thank you all of you...!!!

**-Ms. Anuradha Banerjee**





*Alone we are smart, together we are brilliant!*

## FROM THE MAKERS OF #@M@IG@M

*"The road to success comes through hard work, determination and sacrifice."*

**-Dr. Sabita M. Ram (Dean)**

*"Knowledge is power, but enthusiasm pulls the switch."*

**-Dr. Richard Pereira (Teacher In-Charge)**

*"Your life is your story. Write well; Edit often..."*

**- Ms. Ankita Pasad(Editor In Chief), Ms. Anuradha Banerjee(Co- Editor)**

*"The creative adult is the child who survived"*

**-Amruta Gujar, Needa Monghal, Nishtha Gadkari, Haadiya Dabeer (Creative Team)**

*"Knowledge of language is the doorway to wisdom."*

**-Ms. Priya Gupta, Ms. Pradnya Chaudhari, Ms. Bhumi Patel**

**- Dr. Sushma Bapatla(EnglishSubsection)**

**-Dr. Jyoti Nadgere (Hindi/Marathi Subsection)**

**-Dr. Naisargi Shah (Gujrati Subsection)**

*"Life is like a camera, Focus on what's important, Capture the good times, Develop from the negatives and if things don't work out just take another shot"*

**-Mr. Chirag Davane, Mr. Pankaj Londhe (Photography Team)**



Presents.....

## #MAGNUM 2016

Emitting



# THE ANNUAL DIGEST

- SCIENTIFIC
- CULTURAL
- SPORTS
- SOCIAL
- MGM PIXEL





“Learning gives creativity  
Creativity leads to thinking  
Thinking provides knowledge  
Knowledge makes you great.”

**-Dr. A.P.J. Abdul Kalam**



**S**haring what you learn, what you understand is the greatest thing to do. Like for example you read this somewhere - “Toothpaste can be used for removing crayons from walls!” , you share this with your friends. Listening to which, some may just say okay, or some may ignore it; but it surely adds one point in their GK! Now if one of them takes one step toward knowing a fact that can turn into a research later, who knows?

Same way we must seek all opportunities of participating in scientific events and attending conferences. It’s a big platform for sharing, presenting, discussing, learning and much more.

Presenting scientific paper or poster helps in building one’s confidence, also preparing the topic, studying it, discussing it with guides and getting judged by experts becomes a good learning experience.

Well, stepping out of syllabus and participating in scientific presentations must be started from first year. Now a days, you have to develop yourself in many ways. Being presentable, being able to communicate has become important. And polishing these skills is a lengthy process. So right from first year, students should participate in these intracollege and intercollege events. All you have to do is pick a suitable topic, that you can study thoroughly and share because -

All of us do not have equal talent, but all of us have equal opportunity to develop our talents !

**For the Scientific Committee  
-Ms. Mangal More  
(Scientific Secretary)**



## SCIENTIFIC REPORT



*Lighting the lamp of knowledge*

Every year MGM is raising its bar of spreading knowledge from all the sectors, not only related to dentistry but including soft skills and management per se. This year it started with Eduhub and Dale Carnegie three day workshop which threw light on management part in clinical practice using various tasks and experiments- just what we needed in the beginning.

Accountable success lies in having successional continuing dental education programs on various topics from expertise.

- Lecture on composite laminates by Dr. Roshan Shetty, how to start a dental practice by Dr. Abhijit Jadhav sorted all the confusions about clinical practice with their valuable guidance and wide experience.
- Lecture on Dental GPS -3D smile designing by Dr.Sagar Abhichandani introduced new software adding quality in work.
- Brief discussion about contemporary cleft and maxillofacial surgery in India by Maya Foundation in collaboration with operation smile by Dr. Alex Campbell and by Dr. Gaurav Deshpande signified incredible work going in helping CLCP patients.
- Lecture on Applicability and scope of forensic odontology as a crime investigation technique in India by Dr. Hemlata Pandey introduced us to a different branch of dentistry.
- Lecture on infection control by Dr. Vivek Iyer was conducted which is one of the important aspect of clinical practice.
- Dr.Sandesh Mayekar through his vivid experience and excellence, guided everyone about aesthetic dentistry.

The college annual festival #MaGnUM'16 began with a remarkable 'Scientific event' on 11th January 2016. The session commenced with lighting the lamp of knowledge, displacing darkness of ignorance by Vice chancellor Dr.Sudhir Kadam, Pro vice chancellor Dr.Kaul, Dr.Chander Puri and our beloved dynamic dean, Dr.Sabita Ram. All these dignitaries shared their knowledge through their kind words. This was followed by excellent interactive lecture by our guest speaker Dr.Ajit Shetty, who enlightened us on "Occlusion To Reliable Conclusion In Anterior Zone."

The morning session headed further with paper presentations and poster presentations by undergraduate and postgraduate students. Seven sessions running at the same time in different seminar rooms showcased extreme enthusiastic participation by 120 individuals- intra and inter college students of different dental colleges of Mumbai and Navi Mumbai, truly a highlight of the event.

The afternoon session of table clinic competition turned to be an interesting part of the event by innovative ideas and skillful presentations by all participant groups.

Judging panel for the event comprised of 16 renowned judges among our college faculty and also from other institutions. All the experts guided participants with their esteemed presence to the event and declared three best presenters as winners of each session.





*Dr. Ajit Shetty*

The success of scientific event wouldn't have been possible without guidance of our dynamic dean, Dr.Sabita Ram and efforts of our dear scientific incharge, Dr.Jigna Pathak.

In all 'Scientific event 2016' turned out to be an outburst of knowledge and enthusiasm.

**For the Scientific Committee  
-Ms. Mangal More (Scientific Secretary)**



*Enthusiastic participants*



*Table Clinics*



*Paper and Poster presentations*



*Scientific Day of #MaGnuM*





**Ms. Nishtha Gadkari**



**Mr. Vabaes Khan**

**G**reetings to all! What a year it's been! I vividly remember our formal orientation at the Interns' introductory meeting, unknown and unaware of what the post demands of me - I volunteered and was hence designated as the cultural secretary along with my colleague Vabaes Khan for the year 2015-2016.

Little did we know the challenges that we were to face in the next few months to come. Managing people's emotions effectively, humbly satisfying every demand and being in a position of authority where you are answerable to superiors and all those who invested their faith and belief in you. - it was not an easy journey. But power and position is best implemented when it is never felt - that is the true test of a leader.

I had the privilege of working with some great minds and will ever be so grateful - for the post has taught me a lot. #MaGnuM'16, has been a journey by itself. And It would've never been possible without the help and support I got from my Intern friends, my loving juniors and the staff. I believe we were guided at every

step and it was nothing less than a team effort, everyone equally deserves and shares the credit. Not a day goes by, where the chaos and disharmony of the months before #MaGnuM don't come back to me. Although tiresome and time consuming - it was an experience I will forever cherish and live by.

Our dean - Dr. Ram and the ardent guidance and support from the staff - Dr. Richard, Dr. Abhijeet, Dr. Vaibhav, Dr. Laresh, Dr. Sankalp and Dr. Jigna, has helped the core team and the organisation of #MaGnuM'16 to be a grand success. As I conclude, I would like to quote a few lines of poetry -

"In the world's broad field of battle,  
In the bivouac of Life,  
Be not like dumb, driven cattle! Be a hero in the  
strife!  
Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time"  
For the Cultural Committee

**- Ms. Nishtha Gadkari  
(Cultural Secretary)**



# CULTURAL REPORT

#MaGnuM'16 this year, was celebrated on a grand scale, our theme being –“Digital”, we tried to incorporate the digitalization in every aspect of magnum. Right from the fabulous Décor, put together by our hardworking décor committee, to the entire layout, schedule, planning and organization- our core team and the teachers put together an elaborate schedule and list of events, that the students and staff of Mgm Dental College and Hospital enthusiastically took part in, listed and planned over 2 weeks the cultural events this year, were a grand success!

Our Cultural Team, comprised of – Nishtha Gadkari and Vabaes Khan, cultural secretaries for the year, who worked under the guidance of Dr Richard Pereira, Dr Abhijit Jadhav, Dr Sankalp Bhandarkar and our ever so ambitious-Dr Sabita Ram. A dedicated team of interns and the core committee, put together an elaborate and grand festival – a grand #MaGnuM'16. Incorporating the 'digital theme' with the quest to make social media our base and platform, a lot of events were organized keeping the theme as it's foundation.

Events such as the – Photomathon, Treasure hunt, Debate were all organized on a digital level. Events that created, social awareness such as – Swachha Bharat, Blood Donation campaign and Tree plantation kickstarted the internal cultural events. Encouraging student and staff participation, 9 teams were allotted to various years, the alumni team was a new entry this year, that actively took part in sports and performing arts.

## INTERNAL EVENTS

### Antakshari

(Organising team : Ayesha K., Ayesha S., Yasmin, Pallavi)



**MGM's Antakshari**

On 12th January 2016, Antakshari competition was held, judged by Dr. Williamson( the HOD of Microbiology, Nair Medical College) and Dr. Bharat Gupta.

The colourful and zealous audience comprised of 7 teams, comprising of 9 members each. New and old songs were recalled by the students as well as teachers. Interns stood 1st place, followed by staff at 2nd place and third years at 3rd place. Dr Williamson appreciated the efforts done by the students as well as staff.

### The Treasure Hunt

(Organising team: Haadiya, Pradnya, Chirag, Limi, Mariya, Geetali, Padmakar)



**Hunting for the treasure!**

This year the much awaited event treasure hunt was organised with a slight twist in accordance with our digital theme “#MaGnuM”. The entire



game was digitalized as the various clues were available online. The participation was amazing by the staff and students and was received very well. The interns stood first, as they were the first to lay their hands on the treasure! All the clues and information, were coordinated through



**The Treasure Box**

“WhatsApp messages”, 2 captains each per team were stationed at the “Control room”, and were communicating with their respective



**Teachers in action**

teams via WhatsApp messages. The event was very well appreciated and put together by the dedicated team of interns.

### MASTER CHEF

(Organising team: Monica S., Monica P.)

The most awaited event for the food lovers began with a bang. The 1st round had a fruit as a core ingredient. Participants emerged with delicious and eye pleasing recipes. The creamy cakes in the finale round made it difficult for the judges to choose the best cooks of MGM. The judges didn’t mind putting on a few calories looking at the delicacies. Students were eagerly waiting to taste the food! While a few were lucky



**Delicacies by Masterchefs of MGM**

enough to taste it others were disappointed for their sweet tooth!

Enjoyed by all it was a delicious, tasty event.

### HAND-O-FLAGE

(Organising team: Drushti,Heta)

Hand-o-flage saw participation by 9 teams in all. The participants came up with some amazing



**Hand – O – Flage**



ideas which were very well executed. The event judged by Dr. Niharika, she was very impressed by all the participants and finally managed to give 3 prizes.

**RANGOLI**

(Organising team: Riya Madhura)



*Rangoli -Festivals of India*

Rangolit was a wonderful event . Theme of the event was Festivals Of India. There were total 10 groups with 3 participants in each group. Every group made a very beautiful rangoli.

**TRADITIONAL DAY**

(Organising team: Vabaes)



*Dept. of Cons – Lohdi*

This year we had it different than any other; we introduced FESTIVALS and designated one to every department, where in all 9 departments competed by performing acts and decoration. M.G.M celebrated all the festivals at once! It was a sight to watch, where in the whole



*Dept. of OMDR –Ganesh Chaturthi*



*Dept. of OS – Holi*



*–Dept. of Pedo–Onam*





*Dept. of Perio – Diwali*



*Dept. of Prostho – Christmas*



*Dept. of PHD – Navratri*



*Dept. of O Path – Durga Pooja*

college participated. Definitely, United Colours Of Magnum was one of the highlights of #MaGnuM.

### **MAD ADS**

**(Organising team: Ashwini, Divya M.)**

One of the most hilarious and entertaining events was 'Mad Ads' where everyone let the madness of the festive mood to soar high.



*MGM's MadAds!*

Teachers and students put forth their best and came up with out of the box and rollicking performances. The event was judged by Dr.Rohini and Dr.Rafeeq.



## THIRSTY PONG

(Organising team: Prachi, Saba)

#MaGnuM 2016 had raised its bar to a different level! It was an amalgamation of never ending fun, innovative ideas that made one's brain go bonkers. We here ventured to organize a game



*Thirsty Pong Action*



competition named Thirsty Pong. The challenge was to sink the opponent's glasses and make them drink mysterious juices. It turned out to be a successful event enjoyed by all.

## FACE PAINTING

(Organising team: Tanya, Maryam)

Face painting competition was one of the most artistic events. Five groups participated,



*Face painting*

2 participants each. Everyone enjoyed and participated with great enthusiasm. The competition was judged by Dr Mihir Jha and Dr Laresh Mistry.

## EXTERNAL EVENTS

22ND January 2016, first of the two most awaited days of the Fest had finally arrived. This



*Where words fail, music speaks!*



year's fest witnessed a host of new attractions. One among these was the drone which was brought in to capture an aerial view of the gala evening.

**DAY 1:**

The evening was kickstarted at 5pm on a musical note with a performance by the Fotsom Choir. The musical treat, led by violinist duo Prasun and Vishal, left the audiences mesmerized. The



*Suree voices of MGM*



event that followed was the singing competition which was hosted by our very own talented intern Jesna. As judges for the event we had Prasun and Vishal Lomjail and Dr. Mona Kakkar.

The participants were selected from a previous preliminary round held during the college week. There were a total of 8 contestants including entries from other colleges. The winner of the event was Miss Pratibha Shastri and the runner-up being Miss Sneha Venkatraman. The Judges

were felicitated by Dr. Ram with certificates and a gift as a token of thanks.



*The Judges for singing –Dr. Mona, Mr. Vishal, Mr. Prasun*



*Rockstars of MGM*



*SOTY 13-14 – Mr. Vishal Punjabi*





**SOTY 12-13 – Ms. Bhagyashree Jadhav**



**SOTY 14-15 – Ms. Surbhi Jaithliya**



**SOTY 15-16 – Mr. Padmakar Baviskar**

The stage was then set for the Band. The band comprised of our very own students, with Dr. Ninad Padhye on the keyboard, Anuprita Gadkari and Siddhesh on the guitar, Visalakshi and Sanjana Dharadhar enthralled the audience with their melodious voice. The band had the audience grooving to their upbeat music which was a mix of English and Bollywood.

Dr. Richard then took to the stage to host the awards for the evening. The presenters were Dr. Mona, Mr. Kamath, Dr. Salgotra and Mrs. Galande who were greeted with a floral bouquet. The Student of the Year Award was started with.

The winners for the Teacher of the Year Award were Dr. Galinde and Dr. Jigna by voting which was held among the interns. Dr. L.S. Poonja received the Lifetime Service award amidst a loud cheer from the students and teachers in the gathering.



**Teacher of the year 2014-15 – Dr. Jyotsna Galinde**





**Teacher of the year 2015-16 – Dr.Jigna Pathak**

The following event was the much awaited Group dance which witnessed participation from other colleges like GDC as well. The event was hosted by out very dear interns Nishtha and Haadiya. The Judges were Dr. Devanshi Vithalani and Mrs. Salgotra who were felicitated by the dean, Dr. Ram.



**Judges for the Group Dance –Dr.Devanshi, Mrs. Salgotra**



**Lifetime Service Award – Dr. L. S. Poonja**

The sponsors for the Festival were then given an opportunity to take to the stage and speak to the crowd.

Once the group Dance concluded, it was time for the most anticipated event for the day, the Staff Play titled : ‘a mouthful of teeth’. We had our talented teachers Dr. Ashvini Padhye, Dr. Vineet Kini, Dr. Richard Pareira, Dr. Tushar Pathak, Dr. Vaibhav, Dr. Bharat Gupta, Dr Himani, Dr. Sushma, enacting in the play. The play was beautifully scripted and had the audience in splits! The evening concluded with a vote of thanks by Nishtha and the DJ Night.



**Special prize winners – Malhaari group**





*Deva Shree Ganesha*



*The Winners – GDC Mumbai*

**DAY 2:**

The day started with the Personality contest for the first year students. This is an event where the Freshers would get the chance to introduce themselves and present their talents to the rest of the college. The judges were Dr. Ram, Dr. Adil, Dr. Neha, Dr. Sankalp and Dr. Laresh. The winners of the PC from the Interns batch, Nishtha and Anoop were on stage to host the first round: the introductory round.



*A Mouthful Of Teeth*



The Second was the Talent round hosted by Visalakshi and Bala. The contestants had the audiences thrilled. Third round was the Prop round.



The following event was the Solo Dance, hosted by Dipti, a stunning dancer herself. The





*P.C. judges – Dr.Laresh, Dr.Adil*



*Personality Contest contestants*



*Dancing Talents of MGM*

*Dr.Amruta–  
Judging the solo dance*







*Everyday is a fashion show, the world is your runway*



*- #TheCoreOfMaGnuM*

Judges were Dr. Meruna Bose and Dr. Amruta Bhandarkar who were felicitated. There were a total of 7 contestants.

This was followed by a dance performance by the charming, Dr. Devanshi and a duet dance by Riddhi and Libin. Neha performed solo next, followed by Dipti's group dance.

Dr. Vaibhav introduced the Fashion show performers. This year's Fashion show was based

on the Theme: Chess. The event was judged by Dr. Adil and Dr. Neha.

Our General Secretary and the student council took to the stage. Padmakar gave the final vote of Thanks and declared the floor open for the Dj Night.

**For the Cultural Committee**  
**-Ms. Nishtha Gadkari, Ms. Ruthali Kamat**





***Mr. Adnan Ali Thange***



***Ms. Tashmi Vyas***

It is rightly said that all work and no play makes Jack a dull boy.

Being always associated with sports I truly understood the importance of it in my day to day life, but being the sports secretary of my college just turned my passion for sports into a job which I loved.

Both outdoor and indoor sports always gained my interest and being the sports secretary I was very much excited to play this role. Through my entire journey as the sports secretary during the events in #MaGnuM 2016, I realized that just not me but there are many such students have keen interest in sports and that made me feel very proud. There is so much talent within the students of our college that I feel they are ready for district level competitions.

The feather to the cap was when I saw the staff of MGM also participating in all the events enthusiastically. Overall my journey as the sports secretary was very joyful and was a learning

experience all together. But the success of all the sports events would not have been possible without the help of my core team especially my co secretary Tashmi Vyas who helped and cooperate with me throughout this wonderful experience. Thank you all!

**For the Sports Committee  
-Mr. Adnan Ali Thange  
Sports Secretary**



## SPORTS REPORT

All work and no play makes Jack a dull boy ! The most awaited sports events of #MaGnuM-2016 commenced from 1st January with great zeal and vigour. The elimination rounds started from 1st January and the sports week comprising of the qualifying and final matches was conducted between 12th to 19th January.

Keeping in mind that sports are not only important for success in studio but it is important for success in every walks of our life, our college provided us with many new material for sports, and thus took the first step towards a well-equipped sports week.

The outdoor sports included cricket, box cricket, football, throwball, volleyball and tug of war. The indoor sports included carrom, chess, table tennis and badminton. In addition to these, on heavy demand from the students, we introduced 2 new sports in the form of Dart Games and Live Counter Strike. The addition of 2 new sports helped students enhance their accuracy and team work. A Counter Strike arena was created in the college. Refreshments were provided on the ground. Live commentary of sports with the help of portable speaker was a new feature this year.



Our students not only competed but also enjoyed the games and made one and all proud by their talent. It was our immense pleasure to see the sportsman spirit of our teaching staff who actively participated in all the sports events. The enthusiastic participation of the non-teaching staff added to the fun. Thus the sports week was a thumping success.







This wouldn't have been possible without the help of our Director of sports, Dr.Sankalp Bhandarkar who guided us in every possible way to organise such a big event. And above all our Dean Dr.Sabita Ram who was constantly inspiring us and advising us to make the sports week a roaring success. Last but not the least, our very own volunteers, who left no stone unturned to keep the sports week a competitive, exciting yet a fair event to be remembered forever.

**For the Sports Committee  
-Mr. Adnan Ali Thange  
(Sports Secretary)**



## SOCIAL AND COMMUNITY SERVICE

It has always been an effort of the students of MGM college to create a perfect harmony between human and the environment. Through our constant hardwork we have always tried to give back to the society in the smallest way possible. The year 2015-16 was an amalgamation of such social entrepreneurship exhibited by the students. Here is a zest of all the events conducted in the premises of our college:

### NON VIOLENCE DAY

International Day of Peace is celebrated on the 21st September, every year. The UN marks this day to end war and spread awareness about Peace and Prosperity. Our college, following the Gandhian principles in every aspect also recognized this day. The main aim of the event was to spread the message and create awareness about all forms on violence. We



*Non Violence Day*

started it by the performance of a short skit by the interns. Their skit mainly depicted the forms on violence – the smallest as ragging to as large as war and bloodshed. The skit very beautifully portrayed its message. After that we had the first year students deliver a few speeches about the importance of non violence and how it can affect our everyday lives. The interns then performed a dance of contemporary style. The performances in the event were mainly to spread a strong message that violence can be avoided from our homes and that would spread

across to the society. Shaping the young minds at home is going to be the most influential thing to change the future. The event ended by an amazing speech from our Dean. The way she speaks and the contents of it always make us believe in ourselves, instilling a positive and purposeful attitude.

### TREE PLANTATION

“Green Mumbai, Clean Mumbai” How many of us actually make an attempt to follow this? At MGM, we do! On the 13th January, as a part of the college fest – Magnum; we had our “Tree Plantation Day”. About 100 tree saplings were bought. We had Dr. Kadam



*Tree Plantation*



*Making MGM Green*





**Blood Donation Camp**

visit the college to plant his sapling too. The programme was inaugurated by Kadam sir and The Dean. Everyone planted their tree saplings in the University campus. Then gradually all the teachers and the students planted their saplings and watered them. The students and staff members of MGM not only plant trees, but they also take care of them on a regular basis. Such an event not only motivated the young minds towards a greener society but also spreads a message to everyone the importance of Trees in our world.

### **BLOOD DONATION CAMP**

Our college being a Dental college, almost everyone knows the importance of Blood Donation. Donating blood can save lives of patients. It is such a noble task, everyone eligible should and must donate blood. Even though we all know this, many of us do not have the time to go and donate blood on a regular basis. A blood donation camp was hence arranged by the Dental College which was inaugurated by Dr. Seema Gupta, head of MGM Hospital Blood Bank. The arrangements were done by the MGM Hospital Blood Bank. The people from the blood bank were very patient to follow all the protocols perfectly and collected blood from every person eligible to donate. The event was a grand success when the blood bank returned with almost 80 bags of blood in their hand. The event was arranged not only to collect blood bags but also to spread the importance of donating blood amongst all the young adults of the college.



**Swaccha Bharat Abhiyaan**



### **HEARTFULNESS AND MEDITATION**

Heartfulness is an approach to life that helps us understand why meditate? It helps integrate our inner world with the outer world peacefully. To teach this we had Mr. Sanjay Bhatia who was very polite enough to take out time in his busy schedule to first explain the importance and effectiveness of this practice. Every student and staff member attended the session. The programme was scheduled for 3 days in a row. The event started with lighting of the lamp. It was followed by a short Hindu prayer. Mr. Sanjay then told us about his





experience and the benefits of this practice of meditation. He then asked us to relax and sit in our chairs. We were then asked us to close our eyes and meditate and instructed to think and concentrate on things that Mr. Sanjay guided us to. This went on for 30 minutes continuously. When we opened our eyes, we all could feel refreshed and rejuvenated. The whole session instilled a very positive attitude in all of us. Practising this for the next 2 days made sure that we do not forget the technique and it was made a habit in our daily lives. This programme was such a unique one and changed our lives to a great extent. Students and staff members were so thankful to our Dean for arranging this programme for all.

**-Ms. Manasa Rao**

## WOMEN'S DAY

This Women's Day at MGM was special and different. All the women are always told about their safety, but in this world of technology, one more thing we need to keep in mind is e-safety. So this Women's Day there was a lecture by Mr. Suresh Swami, Asst. Commissioner of Police, Cyber Crime Branch, CBD Belapur. He enlightened us about cyber crime and the ways to prevent it. He talked about credit card frauds, mobile bank robbery, illegal downloading, scams, cyber terrorism, creation and/or distribution of viruses, spam and so on. We were taught about how to set a strong password which makes it difficult to hack. We were warned against downloading from unauthorized sites, sites from where we download our music and other files and how all this can be a way for the hackers to use it as a tool to get to our personal information. We were taught about how we can prevent credit card frauds, the most common cyber crime that is happening now. This Women's Day celebration was like no other, a different perspective of safety everyone should have now in this world.

## ANTI TOBACCO INTERVENTION TRAINING

As part of the initiative for training Session for Doctors to help Patients for Tobacco Cessation, MGM Dental College partnered with an NGO LIFE FIRST to conduct a LEVEL 1 Training for all students and faculty on the 11th of March.

The training modules are developed in collaboration with the Dana Farber / Harvard Cancer Centre, Boston, USA and the trainings were conducted by Life First Tobacco Treatment Specialists, trained and certified by the Mayo Clinic Nicotine Dependence Centre, Rochester, USA.

The level 1 training was a full day programme and was an educational session on basic (yet essential) topics such as prevalence of tobacco





*Anti Tobacco Intervention Training*



use in India, various products being used and commonly used brands. Information was provided on various health effects of tobacco and the contents of its products. Participants were sensitized about tobacco cessation by providing them with the basic knowledge on dependence, benefits of quitting and commonly used models of cessation. This training session included role-plays for participants to give them hands-on experience of dealing with situations.

**- Ms. Heta Rajawadha**



## MGM PIXEL – CLICKING IN MGM SINCE 2011

‘ A picture is a secret, about a secret, the more it tells you, the less you know’

MGM Pixel photography club was founded in 2011 by Dr. Abhijit Jadhav. The sole motto behind starting a photography club in MGM DCH was to unite the ideas and passion of people belonging to different sex and strata of the society towards photography.

Since photography has become a quintessential part of dentistry, exploring this new horizon has become mandatory. Till date, MGM Pixel has conducted 20 outdoor and 6 indoor shoots. Also, it has conducted lectures on basics of photography. Every year, during the annual college festival, MGM Pixel conducts an event - ‘Photomathon’, which since its inception in 2012 has become a grand success. Over the years, MGM Pixel has become a family. We proudly call each other, “brothers from different mothers.”

There are zillions of memories attached to each and every shoot that we have had. Few which I can never forget include the one where we lost our way (during the first shoot ever to Karnala!), our condition being so bad that we didn’t have water to drink (and ended up drinking water from some local pond). We even planned to call a search and rescue party, but thankfully in the end we found our way out. The second one was when we went to Matheran, at one of the renowned points, we had stopped for refreshments. While we were busy eating, few monkeys came and snatched a bag of sandwiches from one of the members! It was hilarious! Be it any shoot, we always participated with high spirits and it was always a joint effort by the whole team, helping each other where we faltered. There are 1000 more memories and I could fill pages and pages but I sadly have to conclude here.

Keep Clicking!

- For MGM PIXEL  
Mr. Pankaj Londhe  
Mr. Chirag Davane





A collection of various trophies and awards is displayed on a table. In the foreground, a hand is holding a large, ornate silver trophy with a textured, beaded surface. Behind it, several other trophies are visible, including a large silver cup with a lid and a smaller gold cup. The trophies are set against a blurred background of a room with white walls and a blue flag.

# #Achievers 2016



# Results of Events of #Magnum 2016

## Internal Cultural Events:

### ➤ Photomathon:

**Grand Winner** : Mr. Pankaj Londhe (Intern)

**Theme 1 – Next Generation India** : Mr. Pankaj Londhe (Intern)

**Theme 2 – Inside Out** : Mr. Pankaj Londhe (Intern)

**Theme 3 – Freeze The Motion** : Dr. Sushma Bapatla (Staff)

### ➤ Dustbin Painting:

**Winners** : Final Years : Ms. Tanvi Mahale, Ms. Komal Madhwani, Ms. Kajal Talele, Ms. Madhura Vairagi

**Runners Up** : Third Years : Ms. Monika Rathi, Ms. Radha Rathod, Ms. Vaishali Sadhwani

### ➤ Antakshari:

**Winners** : Interns : Ms. Tashmi Vyas, Ms. Mehwish Khan, Ms. Asma Khan, Ms. Ameyaa Bagwe, Ms. Mariya Deshmukh, Ms. Pranjali Patil, Ms. Sadaf Kadiri, Ms. Pallavi Kalmore

**Runners Up** : Staff : Dr. Tushar Pathak, Dr. Usha Asnani, Dr. Mihir Jha, Dr. Mohit Bodhwani, Dr. Naisargi Shah, Dr. Salma Tadvii, Dr. Himani Gupta

### ➤ Debate:

**Winners** : PGs : Dr. Prachiti Terni, Dr. Vishal Punjabi, Dr. Yusuf Mistry, Dr. Suraj Ahuja, Dr. Shruti Morabia

**Runners Up** : Staff : Dr. Mohit Bodhwani, Dr. Laresh Mistry, Dr. Janaki Iyer, Dr. Sankalp Bhandarkar

### ➤ Best Out Of Waste:

**Winners** : Interns : Ms. Ankita Mistry, Ms. Drushti Savani

**Runners Up** : Intern : Ms. Ayesha Shaikh  
First Years : Ms. Neelkamal Battu, Ms. Cristeena John

### ➤ Candle Carving:

**Winner** : Intern : Ms. Pranjali Patil

**Runner Up** : Intern : Mr. Siddhesh Borse

### ➤ Hand –O-Flage:

**Winners** : Interns : Ms. Ashwini Malhotra, Ms. Divya Mathew

**Runners Up** : Third Years : Ms. Radha Rathod, Ms. Lynette Fernandes

### ➤ MasterChef:

**Winners** : Interns : Ms. Sherin Geevarghese, Ms. Nusrat Parkar, Ms. Sanjana Limaye

**Runners Up** : Interns : Ms. Tanya Quinny, Ms. Maryam Quraishi, Ms. Sayali Pote

### ➤ Treasure Hunt:

**Winners** : Interns : Ms. Anuradha Banerjee, Ms. Shraddha Sheladia, Ms. Ruthali Kamat, Mr. Vabaes Khan, Ms. Tashmi Vyas, Ms. Mangal More, Ms. Needa Monghal, Ms. Sanya Mohan, Ms. Vedashri Nachan, Ms. Nishtha Gadkari, Ms. Amruta Gujar, Ms. Ankita Pasad, Ms. Arwa Kadiani, Ms. Riddhi Hegde, Ms. Pritika Joshi, Ms. Pranjali Patil

### ➤ Rangoli:

**Winners** : Interns : Ms. Ankita Mistry, Ms. Drushti Savani

**Runners Up** : Interns : Ms. Amruta Gujar, Ms. Pradnya Chaudhari, Ms. Vedashri Nachan

### ➤ Quiz:

**Winners** : Third Years : Mr. Ratan Upadhyay, Mr. Abhas Agarwal, Mr. Suyash Lokras, Mr. Sanchit Mujumdar, Mr. Siddhesh Karanjekar, Ms. Heena Dodeja, Ms. Priyanka Patil, Ms. Lynette Fernandes, Ms. Pooja Naik, Ms. Sheetal Jadhav.

**Runners Up** : PGs : Dr. Suraj Ahuja, Dr. Bhagyashree Jadhav, Dr. Aanchal Agarwal, Dr. Shruti Morabia, Dr. Siddhant Kator, Dr. Yusuf Mistry, Dr. Ankita Jain, Dr. Rajasee Shah, Dr. Vishal Punjabi.



➤ **MadAds:**

**Winners :** Staff : Dr. Richard Pereira, Dr. Bharat Gupta, Dr. Sujeet Khiste, Dr. Sushma Bapatla, Dr. Tushar Pathak.

**Runners Up :** Mr. Ratan Upadhyay, Mr. Abhas Agarwal, Mr. Siddhant Hivale, Mr. Prathamesh Fulsundar, Ms. Priyanka Devkar, Ms. Mrinmayee Thakur, Mr. Sanchit Mujumdar, Ms. Nmarata Dusa, Mr. Suyash Lokras, Ms. Kamanksha.

➤ **Thirsty Pong:**

**Winners :** First Years : Ms. Urvi Ecchpal, Ms. Shamika Puro, Ms. Mateena Patrawala, Ms. Parthvi Mehta, Mr. Parimal Yewale, Mr. Abhishek Irani, Ms. Prachi Bokadia, Ms. Mufaddal Patanwala.

**Runners Up :** Interns : Ms. Tashmi Vyas, Mr. Sumeet Jadhav, Mr. Nipun Sonawane, Mr. Ashish Yadav, Ms. Vanessa Varghese, Ms. Karishma Badgujar, Mr. Padmakar Baviskar, Mr. Vabaes Khan, Ms. Teena Sitlaney, Ms. Sanya Mohan.

➤ **Mehendi:**

**Winner :** Final Year : Ms. Maseera Fodkar

**Runner Up :** Ms. Ankita Mistry

➤ **Nail Art:**

**Winner :** Final Year : Ms. Ashwini Chaudhary

**Runner Up :** Intern : Ms. Pallavi Kalmore

➤ **Face Painting:**

**Winners :** Third Years : Ms. Namrata Dusa, Ms. Monica Rathi

**Runners Up :** First Years : Ms. Tulsi Tarase, Ms. Gauri Tilak

➤ **Traditional Day:**

➤ **Departmental Decorations :**

**Winners :** Department of Pedodontics

**1st Runner Up :** Department of Conservative Dentistry & Endodontics

**2nd Runner Up :** Department of Prosthodontics

➤ **Department Performance :**

**Winners :** Department of OMDR

**1st Runner Up :** Department of OS

**2nd Runner Up :** Department of Public Health Dentistry

**External Cultural Events:**

➤ **Singing :**

**Winner :** Ms. Sneha Venkatraman (MGM College of Engineering)

**Runner Up :** Second Year : Ms. Pratibha Shastri

➤ **Solo Dance:**

**Winner :** Final Year : Ms. Kajal Balani

**Runner Up :** Third Year : Ms. Devyani Shelke

➤ **Personality Contest:**

➤ **Girls:**

**Winner :** Ms. Ruchi Shrivastav

**1st Runner Up :** Ms. Neelkamal Battu

**2nd Runner Up :** Ms. Afshanda Khan

➤ **Boys:**

**Winner:** Mr. Rohit Kamble

**1st Runner Up :** Mr. Parimal Yewale

**2nd Runner Up :** Mr. Aditya Dhirawani

➤ **Fashion Show:**

**Winners :** Third Year : Ms. Chinmayee Palande  
Intern : Mr. Adnan Ali

**Runners Up :** Final Year : Ms. Kalpana Jangid  
Intern : Mr. Swayambhu Bhandarkar

➤ **Group Dance:**

**Winners :** GDC : Ms. Juhi Gundavda, Ms. Mayuri Bagwe, Ms. Urvashi Menon, Ms. Ankita Chitnis, Ms. Ashwini Bhole, Ms. Riddhi Shah, Ms. Shweta Mittal, Ms. Pooja Gundiya, Ms. Purvaja Samel, Ms. Shruti Singh, Ms. Disha Sankhe.

**Runners Up :** MGM College of Engineering: Mr. Mishan Jaiswal, Mr. Rajendra Sabath, Mr. Dhiraj Pawar, Ms. Tejaswini Shendge, Mr. Rohit Singh, Mr. Paras Gada, Ms. Akshata Kenjale, Mr. Rajneesh Patel.

**Sports Events:**

**Outdoor:**

➤ **Cricket:**

**Winners :** Non Teaching Staff : Mr. Atish Waghmare, Mr. Makrand Sawant, Mr. Pravin Shinde, Mr. Ranjit Keni, Mr. Santosh Sanap, Mr. Ganpat Dongare, Mr. Vinod Bhoir, Mr. Ajay Bhoir, Mr. Deepak Dhale, Mr. Sunny Pavase, Mr. Abhijeet Shirsath.



**Runners Up** : Teaching Staff : Dr. Bharat Gupta, Dr. Sujeet Khiste, Dr. Vaibhav Thakkar, Dr. Imran Khalid, Dr. Adil Gandevala, Dr. Sushrut Vaidya, Dr. Laresh Mistry, Dr. Mihir Jha, Dr. Tushar Pathak, Dr. Amol Mhatre, Dr. Sankalp Bhandarkar, Dr. Manjeet Mapara.

➤ **Box Cricket Boys:**

**Winners** : Teaching Staff : Dr. Sankalp Bhandarkar, Dr. Mihir Jha, Dr. Tushar Pathak, Dr. Sujeet Khiste, Dr. Bharat Gupta, Dr. Imran Khalid, Dr. Laresh Mistry, Dr. Vaibhav Thakkar, Dr. Adil Gandevala, Dr. Amol Mhatre, Dr. Sushrut Vaidya, Dr. Manjeet Mapara.

**Runners Up** : Third Years : Mr. Sanchit Mujumdar, Mr. Siddhesh Karanjekar, Mr. Chinmay Powale, Mr. Vinayak Kamble, Mr. Pratik Joshi, Mr. Ajay Kumar, Mr. Ramandeep Sangar, Mr. Ratan Upadhyay.

➤ **Box Cricket Girls:**

**Winners** : Interns : Ms. Manasa Rao, Ms. Karishma Badgular, Ms. Vanessa Varghese, Ms. Tashmi Vyas, Ms. Juhi Ohol, Ms. Ankita Pasad, Ms. Vedashri Nachan, Ms. Mangal More, Ms. Monica Satpute.

**Runners Up** : Third Years : Ms. Pooja Lad, Ms. Tanvi Malankar, Ms. Saloni Tawade, Ms. Kamanksha, Ms. Yadniki Patil, Ms. Lynette Fernandes, Ms. Mrinmayee Thakur, Ms. Sayali Dhamne, Ms. Megha Patil.

➤ **Football:**

**Winners** : Teaching Staff : Dr. Sujeet Khiste, Dr. Bharat Gupta, Dr. Laresh Mistry, Dr. Amol Mhatre, Dr. Vaibhav Thakkar, Dr. Mihir Jha, Dr. Tushar Pathak, Dr. Adil Gandevala, Dr. Manjeet Mapara, Dr. Imran Khalid.

**Runners Up** : PGs : Dr. Mazin Deshmukh, Dr. Yusuf Mistry, Dr. Taher Mistry, Dr. Suraj Ahuja, Dr. Kushal Gandhi, Dr. Amit Gaikwad, Dr. Ninad Padhye, Dr. Vivek

➤ **Volleyball:**

**Winners** : Interns : Mr. Vipul Sankpal, Mr. Ashish Yadav, Mr. Arjun Sonawane, Mr. Shrikrishna Ugalmugale, Mr. Sanchit Mujumdar, Mr. Nipun Sonawane.

**Runners Up** : Teaching Staff : Dr. Bharat Gupta, Dr. Sujeet Khiste, Dr. Tushar Pathak, Dr. Vaibhav Thakkar, Dr. Laresh Mistry, Dr. Adil Gandevala, Dr. Mihir Jha, Dr. Manjeet Mapara, Dr. Sudarshan Kadam.

➤ **Throwball:**

**Winners** : Second Years : Ms. Sanika Waikar, Ms. Neha Patil, Ms. Rhea Patel, Ms. Simran Chaudhari, Ms. Aishwarya Naik, Ms. Priyanka Jade, Ms. Rashi Jain, Ms. Prerana Jain, Ms. Mugdha Francis.

**Runners Up** : Interns : Ms. Nishtha Gadkari, Ms. Tashmi Vyas, Ms. Vedashri Nachan, Ms. Mangal More, Ms. Bommichitra Nadar, Ms. Ruthali Kamat, Ms. Ayesha Khan, Ms. Ankita Pasad, Ms. Mitali Mhetre.

➤ **Tug Of War:**

**Winners** : Teaching Staff : Dr. Bharat Gupta, Dr. Sujeet Khiste, Dr. Vaibhav Thakkar, Dr. Imran Khalid, Dr. Adil Gandevala, Dr. Sushrut Vaidya, Dr. Laresh Mistry, Dr. Mihir Jha, Dr. Tushar Pathak, Dr. Amol Mhatre, Dr. Sankalp Bhandarkar, Dr. Manjeet Mapara.

**Runners Up** : PGs : Dr. Pankti Shah, Dr. Dinesh Shah, Dr. Pranjal, Dr. Amruta Joshi, Dr. Raj Merchant, Dr. Pratik Daga, Dr. Vani, Dr. Vivek, Dr. Yashashri Chaudhari.

## Indoor:

➤ **Carrom:**

➤ **Singles (Boys):**

**Winner** : Intern : Mr. Adnan Ali Thange

**Runner Up** : Third Year : Mr. Ratan Upadhyay

➤ **Singles (Girls):**

**Winner** : Teaching Staff : Dr. Sushma Bapatla

**Runner Up** : Second Year : Ms. Sanika Waikar

➤ **Doubles (Boys):**

**Winners** : Teaching Staff : Dr. Bharat Gupta, Dr. Sujeet khiste

**Runners Up** : Interns : Mr. Uzair Syed, Mr. Abhinay Desai

➤ **Doubles (Girls):**

**Winners** : Interns : Ms. Tashmi Vyas, Ms. Geetali Gadekar



**Runners Up** : Second Years : Ms. Chinmayi Kulkarni, Ms. Sanika Waikar

➤ **Chess:**

➤ **Boys:**

**Winners** : Intern : Mr. Abhinay Desai

**Runner Up** : Second Year : Mr. Akhil Nair

➤ **Girls:**

**Winner** : Third Year : Ms. Tanvi Malankar

**Runner Up** : Second Year : Ms. Mugdha Francis

➤ **Table Tennis:**

➤ **Boys:**

**Winner** : Third Year : Mr. Ratan Upadhyay

**Runner Up** : Teaching Staff : Dr. Kartik Poonja

➤ **Girls:**

**Winner** : Third Year : Ms. Saloni Tawade

**Runner Up** : Teaching Staff : Dr. Jigna Pathak

➤ **Darts:**

➤ **Boys:**

**Winner** : Intern : Mr. Ashish Yadav

**Runner Up** : Intern : Mr. Adnan Ali Thange

➤ **Girls:**

**Winner** : Intern : Ms. Pritika Joshi

**Runner Up** : Intern : Ms. Tashmi Vyas



## THE LIVING LEGEND – DR. L. S. POONJA

It gives me great pleasure and a sense of pride to pen down what Dr. L. S. Poonja means to me. I have mixed feelings of joy and sorrow; joy – to have spent so many years of my life with her (over 15 years), sorrow – to not being able to have her forever. I am proud to say that I was her student and she has nurtured me through my journey of being a Professor today.

She has moulded the careers of several students with sincerity, dedication and commitment for almost 4 decades now. She in herself highlights the extraordinary qualities that defines a good teacher, that is – DEVOTION towards her duty; DISCIPLINE within herself, so as to inculcate the same in her students; DETERMINATION to excel!

She is a pillar of perseverance, patience, positivity and productivity. Her immaculate knowledge of her subject has inspired me to be



*Dr. L. S. Poonja*

like her. She has been like a mother to me who has held my hand and stood by me through thick and thin. No amount of words can express my gratitude for her. She is not only the lifeline of our department, but a living legend. She is simply “The Wind Beneath My Wings”....

**-Dr. Jigna Pathak**  
**Professor,**

**Dept. Of Oral Pathology and Microbiology**





# IN THE SPOTLIGHT

## –DR. JIGNA PATHAK, TEACHER OF THE YEAR

**Sun Sign:** Aries

**Favourite Colour:** White

**Qualification:** M.D.S Oral Pathology

**Teaching Experience:** 12 Yrs

**Teaching In Mgm:** 10 Yrs

**B.D.S:** Dr. D. Y. Patil Dental College

**M.D.S:** Nair Dental College

**Mentor /Teacher/Inspiration:** Dr. L. S. Poonja

**Hobbies:** Adventure Sports, Table Tennis, Dancing, Running Marathons



*Teacher of the year - Dr.Jigna Pathak*

A woman of substance, Dr. Jigna Pathak, an inspiration to all, has won the Teacher Of The Year Award 2016 by a majority of students' votes. She is a woman of varied passions. From acing in school to being in two of the most Nobel professions – being a DOCTOR and a TEACHER – she has nearly done it all. She is an active participant in extracurricular activities and a sports enthusiast. Running marathons, scuba diving, playing table tennis and dancing are some of her favourite pass times. She works in close association with her idol, mentor, teacher DR. L. S Poonja, under whose guidance she has



learned what she does best – ORAL PATHOLOGY.

Dr. Pathak a fierce, intense, energetic and strong woman on the outside is actually a very compassionate, sympathetic, logical and an understanding woman. She believes in doing what is right, is very hard working and has a craving for learning as put by her “Knowledge is the key to open many horizons.” She is a fighter and has a never give up mechanism; she achieves what her mind is set towards.

### **Why teach?**

Considering the passion I have for my job, I can't imagine myself doing anything else. I feel the best way to learn is by teaching. It is a cyclic process which enables to grow as a professional and a more importantly as a person. The interaction I have had with students has and continues to transform me into a more responsible and sagacious person.

### **How did you feel upon winning the award and how did you celebrate?**

I was nostalgic and overwhelmed. I've always considered myself as a strict teacher and never



imagined myself being a student's favourite. However, I was touched that the students chose me as the teacher of the year for what I do for them and not what I am. There can be no better award in my opinion than this one, as it comes directly from the horse's mouth. I hope I am able to live up to the responsibility that comes along with this title. My husband, my daughter and I went for a private dinner and had a quiet celebration.

**How do you balance your personal and professional life?**

As most women do, I balance both lives by self compromise.

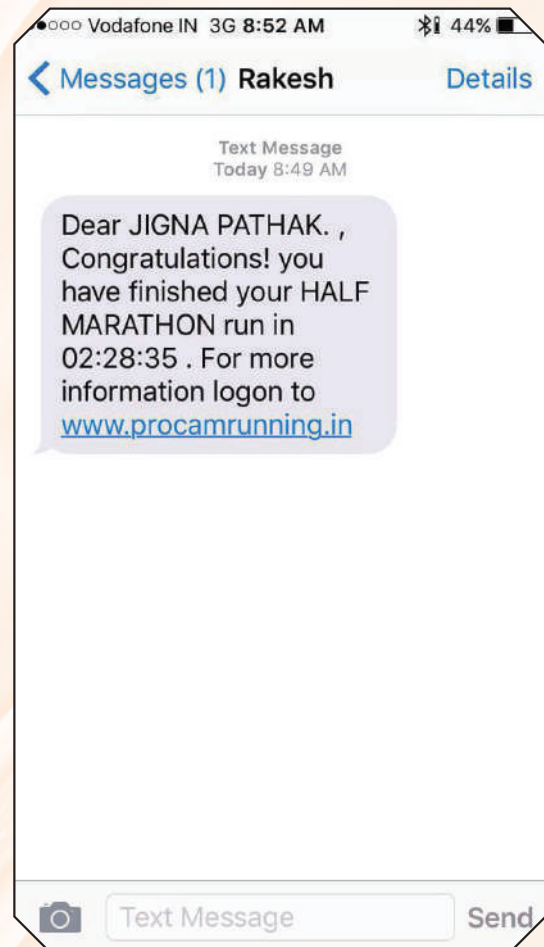
**What is the essence of being a good teacher according to you?**



Teaching is a journey and not a destination. Every teacher should teach with passion without having the quality of expectation. There is joy in giving and sharing knowledge. The reward being, seeing your students succeed, a joy that no words can explain.

**Give us some inside scoop on your life.**

Hahaha. Ok, so I have had to fight a court case



to get my merit seat in Nair. An experience I never thought I would have and has taught me so much about life and people. Also, I have been teaching since 11th grade. So this award is very special to me as it represents a major portion of my life.

**What advice would you give to budding dentists?**

Keeping it short, do what you love and love what you do. That is the key to happiness and not only success.

**-Mr. Vabaes Khan  
(Cultural Secretary)**



# GRATITUDE TO A MENTOR!



**Dr. Niharika Swain**

If one is desirous of meeting a teacher who is down to earth, extremely knowledgeable, of high intellect, superior wisdom and a dedicated mentor, you don't have to look anywhere outside, as we have our own Dr. Niharika ma'am, who fulfills these criteria. An excellent organizer, a person with deep understanding of any student's problem; she has answers for all on a 24 x 7 basis.

She balances her family and professional career so well, it is hard to believe, she has help develop Prathmesh; her brilliant 6 year son, into a specialist, aware of all technical gadgets and who remembers and recites names at the drop of a hat. This, by all means, is splendid parental effort to see a child grow.

In college every student is such a child to her. She is virtually an encyclopedia par excellence when it comes to addressing issues concerning any subject of dentistry. This requires a strong

memory which she has developed so well and nurtured so fruitfully that she never errors while guiding students. Her role as a doctor or a healer, if I may say, is truly unbelievable. Her patience, compassion and diligence towards caring for the ailing is remarkable. She is truly bestowed with the Gift of the Gab as well as ardent listening while counseling every patient relentlessly.

To me, Dr. Niharika Swain is truly an INSPIRATION! She listens, supports, cares, educates, motivates, initiates,

navigates and criticizes constructively. Hard work, integrity, perseverance and love are her innate attributes. Ma'am, Immense gratitude for being not just a great mentor, but a better colleague and friend!

Even if we desire to get more persons such as her, it would be difficult to fetch one, and that exactly is her plus point! She is indeed an ASSET! Seeing her one remembers William Arthur Ward's famous lines –

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.”

Her secret? Mentoring all students & care of staff, students and patients alike.

**-Dr. Janaki Iyer  
Lecturer, Dept. Of Oral Pathology and  
Microbiology**



## THANK YOU MR. BALVANT PATIL!

It is rightly said that behind every successful story there are a million hands that have been present right from base one. Such a person associated with our college is Shri. Balvant Patil. He has been associated with the MGM family since 1990 and has helped us lay the foundation of MGM Dental college and also helped us to expand the college up to the 7th floor and planned the entire layout and infrastructure of our well-equipped labs and departments.

He did his civil engineering from Bidar and



**Mr. Balvant Patil**

since then he has been always been a model of dedication and sheer perseverance. Since the day the college has been founded, Mr. Patil has been with us through thick and thin. We thank him for his contributions towards our college and we are extremely grateful to him!

**- Ms. Haadiya Dabeer  
(Intern)**

## MR. AVINASH PATIL

The first person that every student and their parents meet just before joining the MGM dental family not without any doubt is Mr. Avinash Patil.

His ever smiling face and welcoming attitude towards the students and the admission process with full dedication and heart is his greatest quality which we all students indeed like. And we all proudly call him "Hand of the Dean."

To describe his work, he since 1st January 2005, has been looking after UG and PG admissions, eligibility, examination forms, freeships and scholarships, in short he has very efficiently handled the student section of the administrative office of our college since then.

But we all know he does way more than this and never turns away any one, we just have to allow him some time and your work is done, just the way you need it. "No mistakes, no repeats."

By far the admission process has never been questioned and it's all because Avinash Sir has put his entire hard work and sincerity to it. He goes out of his way to help students regarding every university and college requirement and



**Mr. Avinash Patil**

also he had always made sure all the exam forms are put up on time and he pays personal attention to get all forms filled by every student even if it requires personally calling up each and every student, which he would surely never refrain from doing. Such dedication is what makes us proud of him.

He is theavior of all our last minute needs and all our sudden demands. He is the one to approach when in doubt, and undoubtedly he is the best in solving all our problems.

Through all these years we have also found a great friend in him, a friend that cares, a friend that understands and Avinash sir is that one friend that we all students feel lucky to have.

**-Mr. Padmakar Baviskar  
(General Secretary)**





# **ALUMNI & STAFF**



## ગુજરાતનું સોનેરી નજરાણું

ગુજરાતના પશ્ચિમે, અરબી સમુદ્રના કિનારે આવેલ ૩૦૦ વર્ષ જૂની દ્વારકા નગરી.

જે નગરીનો ઉલ્લેખ સોનાની નગરી તરીકે વિષ્ણુપુરાણ તથા ભગવદ્ગીતામાં થયેલ છે. તે આપણા દેશ માટે અનેક દૃષ્ટિએ મહત્વનું શહેર છે. ભારતના વિવિધ ધાર્મિક સ્થળો અયોધ્યા, મથુરા, હરિદ્વાર, બનારસ, ઉજ્જૈન, કાંચી જેવું જ એક પવિત્ર તીર્થ સ્થળ છે. દ્વારકા, જેને ભગવાન શ્રીકૃષ્ણે પોતાની રાજધાની તરીકે સ્થાપના કરેલી. સાગરમાં ડૂબી ગયેલી આ નગરીના અવશેષો સાગરમાંથી શોધી કાઢવા આજે પણ સંશોધનો ચાલુ છે અને પુરાવાઓ પણ મળી રહ્યા છે.

પૂ.આદિ શંકરાચાર્યે ચારધામની સ્થાપના કરેલી. તે પૈકી દ્વારકા એક ધામ ગણાય છે. હિંદુઓ માટે ચારધામની યાત્રાનું અનેક મહત્વ છે અને એટલે દ્વારકાની યાત્રાનું મહત્વ પણ સ્વીકારાયું છે. પૂ.આદિ શંકરાચાર્યે સ્થાપેલ ચાર પીઠ પૈકી એક પીઠ દ્વારકામાં છે અને તેના વડા દ્વારકાના શંકરાચાર્ય તરીકે ઓળખાય છે.

સંરક્ષણની દૃષ્ટિએ પણ આ શહેર બંદર તથા પાકિસ્તાનના કરાંચી બંદરથી નજીક હોવાથી મહત્વનું શહેર છે.

ખળખળ કરતી અને સાગરને મળવા માટે ઉતાવળી ગોમતી નદી જ્યાં સાગરને મળે, ત્યાં વિશાળતા અને ભવ્યતાથી ભરપૂર શ્રી દ્વારકાધીશ ના મંદિરે, જ્યાં મીરાંબાઈ ઈશ્વરનાં સ્વરૂપમાં એકાકાર થઈ ગયા તે તીર્થના દર્શન કરવા એ એક ઢાવો છે.

- Dr. Naisargi Shah  
- Mr. Arvind Shah

It's been about 7 years I stepped out this college as Dr Ankit Savla, a Dental Graduate. With hope in my heart and a future to embrace I moved out as a strong Dentist and started my practice. As a graduate I had an ocean of options and choosing one was difficult. Of course there was MDS, going abroad and doing DDS or do MPH and then appear for my DDS.

Nonetheless an MBA in Healthcare drew my attention. It seemed feasible and helpful at that juncture in my life as, it would definitely open up more doors for me.

MBA in Healthcare definitely gave me a chance to have a fixed pay job in the start post 2 yrs and I started juggling with job in a company and dentistry at my clinic. Nevertheless, my interest towards management grew and I started my own successful company which is now one of the leading in the field of Surrogacy

My message is very simple "Always look out for new opportunities and doing something out of

the box. You will fail but don't stop; you never know you might be the next Mark Zuckerberg"

Cheers to all!!

- Dr Ankit Savla (BDS, MBA,PGDMLS)  
Founder & Managing Director of Global  
Surrogacy India

A private practice in dentistry offers lots of rewards. Starting from you can set your working hours, choose your coworkers, and help people every day. You can make a pretty good living, too, once you get established.

Most dentists more or less stay happily in clinical practice for their entire careers. But like every job dentistry also comes with some frustrations and that's when the thought comes to my Mind – "Can a dental degree lead to other interesting opportunities?"

That is when I decided to move to the Pharma Industry.

I Joined Bayer Pharmaceuticals as a Medical Advisor in 2010. From there on there has been no looking back. As a part of team Medical Affairs my job responsibilities includes identification of top tier opinion leaders in the field of Orthopaedics, Cardiology and Vascular surgery to facilitate implementation of various medico marketing strategies.

Right from Clinical trial support for both Non interventional studies and Investigator sponsored studies to facilitating publications, conducting Advisory Boards, CME programs, International Speaker programs to identification and participation in International & Regional Conferences have done it all.

Being a part of all these activities & not a Practitioner I am literally on the other side of the table.

The Indian pharmaceuticals market is the third largest in terms of volume and thirteenth largest in terms of value, as per a report by Equity Master. India is the largest provider of generic drugs globally with the Indian generics accounting for 20 per cent of global exports in terms of volume.

It gives me a great sense of Pride and Happiness as I am indeed a contributor to the same.

It is rightly said "Change lives on the Horizon", So broaden your horizons & Expand Yourself.

-Dr Divya Vohra Shah





Mastering The Art Of Dentistry!  
#Skypers



## UNSUNG HEROES- FRONT LINES

They stand dignified in their uniform, every crease in place, eyes alert (always alert!). Determination and courage etched on their face. A commanding presence. An aura like no other. Grueling training, countless physical and emotional challenges and the mental strain of it all, forging him into the hero he is.

Meet a veteran and he will regale you with countless stories. But, underneath the calm facade and charming stories are pieces of him locked deep within his soul: the first trigger pulled, cries of the innocent, that haunted look as death stares you in the face, cold empty eyes, brothers lost in war. Some wounds never heal. Some stories are never told.

How will he ever make up for leaving behind his loved ones every time he leaves, years lost with family, missing out on those precious moments of their little ones growing up; moments that simply slipped by? The entire process of leaving behind an ocean of memories every time he attends the call of duty must raise such an emotional upheaval.

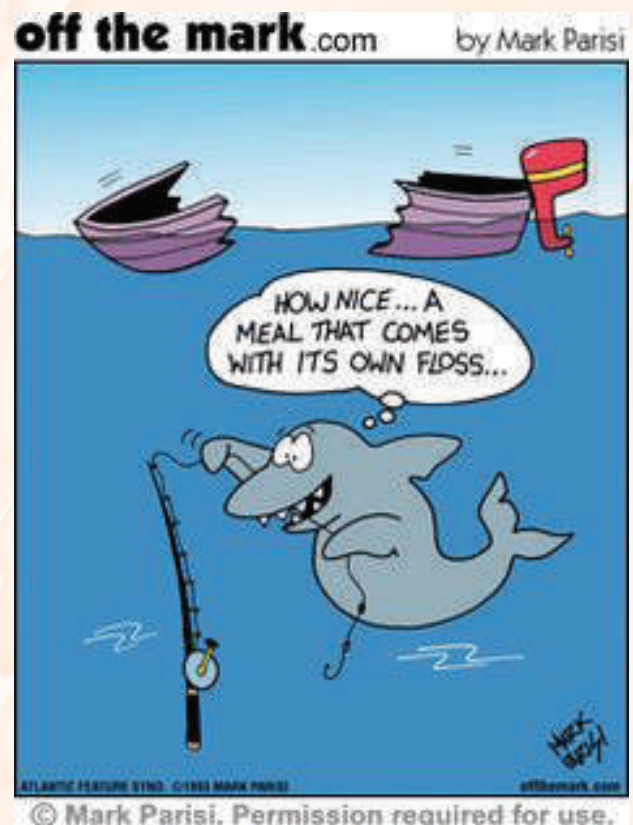
A vast majority of us wake up to goals for a better future; a bigger home, a luxurious car, a better paying job, definitely some more money; or unending reasons that compel us to complain about our mundane lives. A few others wake up to try and find a way to serve the nation. Even fewer who wake up to the call of protecting and defending her.

What keeps them going when all that they miss out on is just within reach? Why endanger his life for keeping safe unknown faces? Faces who don't know his story or the sacrifices he makes to afford them a peaceful sleep or even of his existence. To him they are not just 'faces'. They are 'his people'. And the fierce desire to protect his motherland and his countrymen reign supreme.

So, while we are occupied dealing with the nuances of our 'busy' lives, these brave men put themselves on the line every single day to keep us safe, asking for nothing in return. Needless to say, they don't even feature in our daily lives. Unless, of course, its Independence or Republic day when we awaken to our moral duty and feel obligated to dedicate songs (I can almost hear 'Sandese aate hai' blaring over the speakers!) and performances to them (I wonder if they ever watch it?). Some entertainment on a public holiday is well deserved, isn't it? I guess it would be safe to assume then that we do recognize the sacrifices they make, even if it's momentary and short-lived.

Honestly, is this enough? Is this what they deserve for protecting your and my little world?

- Dr. Prachiti Terni  
PG, Dept. Of Prosthodontics





## गाऊ त्यांना आरती

देखणीती पाऊले जी ध्यासपंथे चालिती

वाळवंटातुनीसुद्धा स्वस्तिपदमे रेखिती

समाजातील अडचणींशी नातं जोडणाऱ्यांना अडथळ्यांची कुंपणं अडवत नाहीत ते शब्दांशी खेळ करत .  
सभोवारच्या अडचणींना आव्हान देतात .बसत नाहीत की स्वतःच्या खाजगी व्यथा गोंजारत नाहीत  
.आणि आपल्या वागण्याने इतरांना प्रेरणा देत त्यांना बरोबर घेऊन चालतात

असाच एक अवलिया म्हणजेतुमच्या आमच्या सारखेच एक दंतवैद्य, पण तरीही निराळ्या वाटेने  
चालणारेसाताऱ्याजवळच्या अजिंक्यतारा किल्ल्यावर इतरांसारखेच .त्यांचं नाव डॉ अविनाश पोळ .  
ती दूर करण्यासाठी त्यांनी .फिरायला जाणारे पण त्यांच्या नजरेने टिपली ती किल्ल्याची दुरवस्था  
वृत् .कंबर कसलीतपत्रांतूनत्यांनी लोकांना आपल्या मदतीसाठी आवाहन केले. वृत्तपत्रांतून आलेल्या  
आवाहनाला प्रतिसाद देऊन डॉक्टरांबरोबर आलेल्या फक्त दोघांच्या सहकार्याने त्याने किल्ल्याची डागडुजी  
व साफसफाई सुरु केलीतेही त्या .त्यांची जिद्द बघून आणखी काही जणांना प्रेरणा मिळाली .ंच्यात  
सामील झाले आणि पाहतापाहता किल्ल्याचा कायापालट होऊ लागला .

किल्ल्याचा कायापालट करताना डॉक्टरांचे लक्ष वेधले गेले ते किल्ल्याच्या पायथ्याशी असलेल्या  
आजूबाजूच्या गावांमधील भीषण पाणीटंचाईकडे. त्यावर मात करण्यासाठी त्यांनी किल्ल्याच्या  
पायथ्याजवळ झाडांची लागवड करण्यास सुरुवात केलीझाडे येथे आहेत ६५०० ते ६००० आजसुमारे ..  
यातील जवळजवळ ९९ टक्के झाडे बहरली आहेत. बहरलेल्या झाडांमुळे पशुपक्ष्यांची संख्या वाढलीबांबूच्या .  
झाडांमुळे जमिनीची धूप होणे कमी झाले आणि जमिनीत पाणी मुरण्याचे प्रमाण वाढले

याशिवाय पाण्याचा साठाआणखी वाढावा म्हणून त्यांनी जलसंधारणाच्या शास्त्रीय पद्धती वापरून  
किल्ल्याच्या माथ्यावर तसेच पायथ्याजवळ काम सुरु केलेजणांनी ४० त्यांच्या या कामात आणखी .  
साथ दिली. यांमध्ये समाजाच्या सर्व थरांतील लोक आहेत. डॉक्टर, ग्रामसेवक, बिल्डर, सुतार, शिक्षक,  
पोलीस, सरपंच, रिक्षाचालक आपले काम .असे सारेजण एकाच पातळीवर येऊन काम करत आहेत-  
अजूनही त्यांचे कार्य .सांभाळून रोजच्या रोज दोन तास श्रमदान करून या सर्वांनी क्रांती केलीआहे  
येथे काम करणाऱ्यांचा पेशा एकच.अविरतपणेचालू आहे. तो म्हणजे 'श्रमयोगी' आणि जीव ओतून  
तेआपलापेशा बजावत आहेतत्यांच्याश्रमाची फळे आजसंपूर्णसाताऱ्यातील लोक चाखत आहेत ..  
येथीलसर्वांची कामे ठरलेली असतातआपापली कामे बिनचूक ., नियोजनबद्ध आणि गाजावाजा न करता  
पार पाडत आज त्यांनी समस्तसाताऱ्याची तहान भागवली आहे.

या सर्वांच्यायोगदानाने आकारास आलेला साताऱ्यातील १५ विहिरी व २ कूपनलिकांची जोडणी प्रकल्प हा  
एक अभूतपूर्व प्रकल्पठरला आहेएका दंतवैद्याने आपल्या इच्छाशक्तिच्याआणि मेहनतीच्या बळावर .  
अभियांत्रिकीचे काम करून नवाचइतिहास घडवला आहे. अशा प्रकारे ध्यास घेऊन लक्ष्यभेदी शूरवीरच  
मानवतेचे मंदिर उभारू शकतात.

- Dr. Vibhuti S. Mhatre  
PG, Dept. Of Oral Pathology & Microbiology



## MOTHER- THE UNSUNG HERO IN OUR LIVES

Whenever we talk about unsung heroes, we immediately think about all the soldiers that laid down their lives for us, without even knowing who they are or where they live we consider them as unsung heroes of our country, and they are definitely unsung heroes. But today let us consider our mothers- who are the unsung hero in our lives.

While growing up, my mom's way of helping me recognize and respect the value of motherhood was to say that since God could not be everywhere at the same time, He invented moms. Naturally, it was an honorable job that demanded a mix of great respect. After all, everyone knew about the severe consequences for disobeying God or His chosen right hand, our moms!

However, life, which has a way of teaching us humility and wisdom through experiences both good and bad, helped me gain a true sense of appreciation for what many consider to be the toughest job in the world i.e. being a mother. After all, what other jobs are as challenging, demanding and require one to be a Jack-of-all-trades, on call twenty four hours a day, every day for a lifetime, without even getting paid for it either? What other job can make your heart feel like being outside your body when you worry about your most precious commodity, your child? And what other job can be as rewarding too? And what other job comes with a lifetime devotion? Yet knowingly or unknowingly we either don't notice our mother's many contributions to our lives or we simply take them for granted.

Celebrating one day of recognition and love is actually a great opportunity to heal relationships with our moms by helping us shift our focus to what's really important in life - family. But being a mom is so much more than just a "job." Being a mom is a destiny from the time of conception

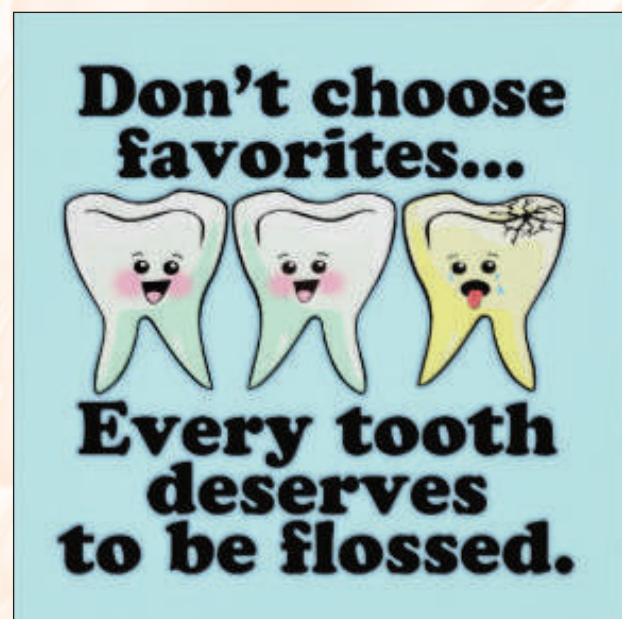
of the child and for their lifetime. It's also divine. Just look at animals and the special relationship and bond shared between a mother and her offspring and you'll discover that there is nothing like it. It's this love and dedication that needs to be recognized and honored, and not just on special occasions.

So go ahead and give your mom the most powerful, memorable and life-affirming gift of all. Best of all it's free, and good for the soul too. Give her the gift of love. Make her feel special and honored through kind words and deeds. Simply put, a mom deserves to be recognized and appreciated and not just on Mother's Day, for her contribution of blood, sweat and tears in transforming our lives.

And do remember one thing, as the mother gives birth to her child, it is the child that gives birth to the mother! Give sincere gratitude to your mom (every day) for the simple reason that she is truly a home goddess and the unsung hero in our lives.

- Dr.Vishal H. Punjabi

PG, Dept. of Oral Pathology and Microbiology





## કર્મશીલ વર્ગ

હસતાં મુખે રસ્તામાં વેર્યા ; ફૂલડાં નસીબ ગુલાબ કેરા ,  
નીચા નમીને વીણીશું ક્યારે ; અત્યારે ભાઈ અત્યારે .

પ્રારબ્ધ કરતાં પુરુષાર્થને મહત્વ આપતો આજનો યુવાન નસીબ ના ફૂલડાં તાત્કાલિક વીણી લે છે. એક કર્મશીલ વર્ગનો ઉદય થઈ રહ્યો છે. જીવનની સકારાત્મકતા ની સચ્ચાઈ આજના યુવાવર્ગની દૃષ્ટિ છે. કાર્ય-કર્મ કર્યા વગર ફળ મળતુ નથી અને To be or not to be - ની આ લડાઈમાં અસ્તિત્વ ટકાવી રાખવાની આ હરિફાઈ માં યા હોમ કરીને કર્તવ્ય પામવું તેજ સાચી દિશા છે. ઉમરની મર્યાદા હવે નડતી નથી - કાર્યશીલ રહેવું - સતત કાર્ય કરતાં રહેવું એ જ આજના જીવનનો મંત્ર છે તેવી સમજણ સૌએ સહજતાથી સ્વીકારી છે તે જ પ્રગતિનું પ્રથમ પગથિયું છે.

પહેલાનાં જમાનામાં એક અથવા બે જણ કમાનાર હોય અને તેની પર નભનાર ૮-૧૦ જણ હોય. ૧૦ જણના કુટુંબમાં આર્થિકભાર ફક્ત ૧-૨ જણ જ ઉપાડતાં. તેવું કૌટુંબિક Structure – Social Set-up વર્ષો સુધી હતું. ખાસ કરીને સ્ત્રીઓ કમાવા જતી નહી કે કોઈ ગૃહઉદ્યોગ અથવા નાના કામો કરતી નહિ કારણકે અક્ષરજ્ઞાન ઓછું હતું. છોકરીઓને પણ ભણાવતાં નહિ.

હવે ચિત્ર બદલાયું છે જીવન, એક નવો Working Class ઉભા થઈ રહ્યા છે. દીકરી-દિકરા-વહુ-સસરા સર્વે કમાણી માટે મહેનત કરે છે. ભણેલા હોય તો બધે જ પગભર થઈ શકાય.

મોટી ફેક્ટરીમાં , મોટા બિઝનેસમાં બધી જ જગ્યાએ સ્ત્રીઓનું પ્રાધાન્ય સરખું જ છે. સૌને હવે કર્મશીલ જીવન બનાવવું છે. અને એમાં જ ઉદ્યાર છે. અને સનાતન સત્ય એ જ છે કે.....

ડગમગે છે કદમ જેના તેને કિનારા નથી મળતાં ,  
અડગ મનનાં માનવી ને હિમાલય નથી નડતાં .

## નવીન ગુજરાત

જય જય ગરવી ગુજરાત !

જય જય ગરવી ગુજરાત !

દીપે અરૂણ પ્રભાત,

ધ્વજ પ્રકાશશે ઝળળ કસુંબી પ્રેમશૌર્યઅંકિત

તું ભણાવ ભણાવ, નિજ સંતતિ સહુને પ્રેમભક્તિની રીત

ઊંચી તુજ સુંદર જાત

જય જય ગરવી ગુજરાત !

આઘકવિ નર્મદ, ઉમાશંકર જોષી, હરીન્દ્ર દવે, સુરેશ દલાલ. કલાપી અને ઝવેરચંદ મેઘાણી જેવા મૂર્ધન્ય કવિઓએ અને સાહિત્યકારોએ સર્વે જગતને ગુજરાતની સાચી ઓળખ કરાવી. પાપા પગલી માંડતું ગાંધીનું ગુજરાત તેની અસ્મિતાના સર્વોચ્ચ શિખર તરફ પ્રગતિ કરી રહ્યું છે. માનનીય નરેન્દ્ર મોદી જેવા ગુજરાતના સિંહ જેવા પુત્રએ આજે દેશની બાગદોર સંભાળી છે. પણ મૂળ ગુજરાતની માટીની સુગંધ આજે પણ તેમની કાર્યવાહીમાં પ્રસરે છે. એની સુગંધનો દરિયો આજે નવીન ગુજરાતના પ્રાંગણમાં આવીને વિસ્તરી રહ્યો છે.

માનવીની વિકાસ યાત્રામાં આવતા દરેક પરિબળો આજે શુદ્ધ અને સાત્વિકતાથી મજબુત બની રહ્યા છે. શિક્ષણ અંગે ગૌરવભરી પાત્રતા આજનો વિદ્યાર્થી પામી રહ્યો છે. એન્જનીયર, ડોક્ટર, કોમ્પ્યુટર દરેક ક્ષેત્રમાં આજના વિદ્યાર્થીઓનો રસ વધી રહ્યો છે. મા-બાપ પોતાના સંતાનોને ભણાતરના જ વારસ બનાવી રહ્યા છે.

દરેક દિશાએ એક સકારાત્મક ભૂમિકાના પગરણ માંડીને સૌ પોતાનો ધ્યેય પામવા તનતોડ મહેનત કરી રહ્યા છે. ભણાતર વગર ઉદ્યાર નથી એ આજના માતા-પિતાની સમજણ અને સ્વીકારેલું સત્ય છે. ગુજરાતે આજે હરણફાળ ભરી છે. ગુજરાતમાં ભણેલા આજે NASA માં - બિલ ગેટ્સના Microsoft માં ૮૦% સ્થાન ધરાવે છે. પોતાના બૌદ્ધિક કૌશલ્યની ગરિમા જાળવી આજનો ગુજરાતી વિશ્વના દરેક ખૂણામાં એક ચોક્કસ સ્થાન ધરાવે છે. ગામડામાં પાણી, હોસ્પિટલ, વિજળી દરેકનો વિકાસ થઈ રહ્યો છે. વિશ્વના બીજા દેશો ગુજરાતના દરવાજે ટકોરા મારી ઉભા છે. વિશ્વ માટે શ્રેષ્ઠ માર્કેટિંગ, ભણાતર, મેડિકલ સુવિધાઓમાં ગુજરાત હવે હરણફાળ ભરવા લાગ્યું છે. MAKE IN INDIA દ્વારા શ્રેષ્ઠ સુવિધાઓ ગુજરાતે જાતે જ બનાવી નાનામાં નાના વર્ગને પહોંચાડવાનું કાર્ય હાથમાં લીધું છે. નિરંતર વધતી આર્થિક માંગને સ્વીકારી એના પર કાર્ય કરે છે.

ગુજરાતનો યુવાન હેતુલક્ષી જીવન આજે જીવે છે. જે ગાંધીનું ગુજરાત - ગાંધીના સ્વપ્નોનું ગુજરાત છે અને રહેશે.

જય જય ગરવી ગુજરાત !

- Dr. Kushal Gandhi  
PG, Dept. of Prosthodontics





**Working Hard, Partying Harder!**  
**#Instagrammies**



## ❖ MUHS Summer May 2015 Examination: PART –I

- Toppers:

Rank	Name Of The Student
1	Ruthali Kamat
2	Krishna Bhanushali
3	Waqas Ansari

- Subject Toppers:

Subject	Name Of The Student
Public Health Dentistry	Ruthali Kamat
Periodontics	Ruthali Kamat
Orthodontics	Anuprita Gadkari
Oral Medicine & Radiology	Ruthali Kamat (Highest Marks In OMDR In MUHS)

## ❖ MUHS Summer May 2015 Examination: PART –II

- Toppers:

Rank	Name Of The Student
1	Padmakar Baviskar
2	Ruthali Kamat
3	Mangal More

- Subject Toppers:

Subject	Name Of The Student
Oral Surgery	Ruthali Kamat
Conservative & Endodontics	Ruthali Kamat
Prosthodontics	Mangal More
Pedodontics	Nishtha Gadkari

## ❖ MUHS Winter November 2015 Examination: PART –II

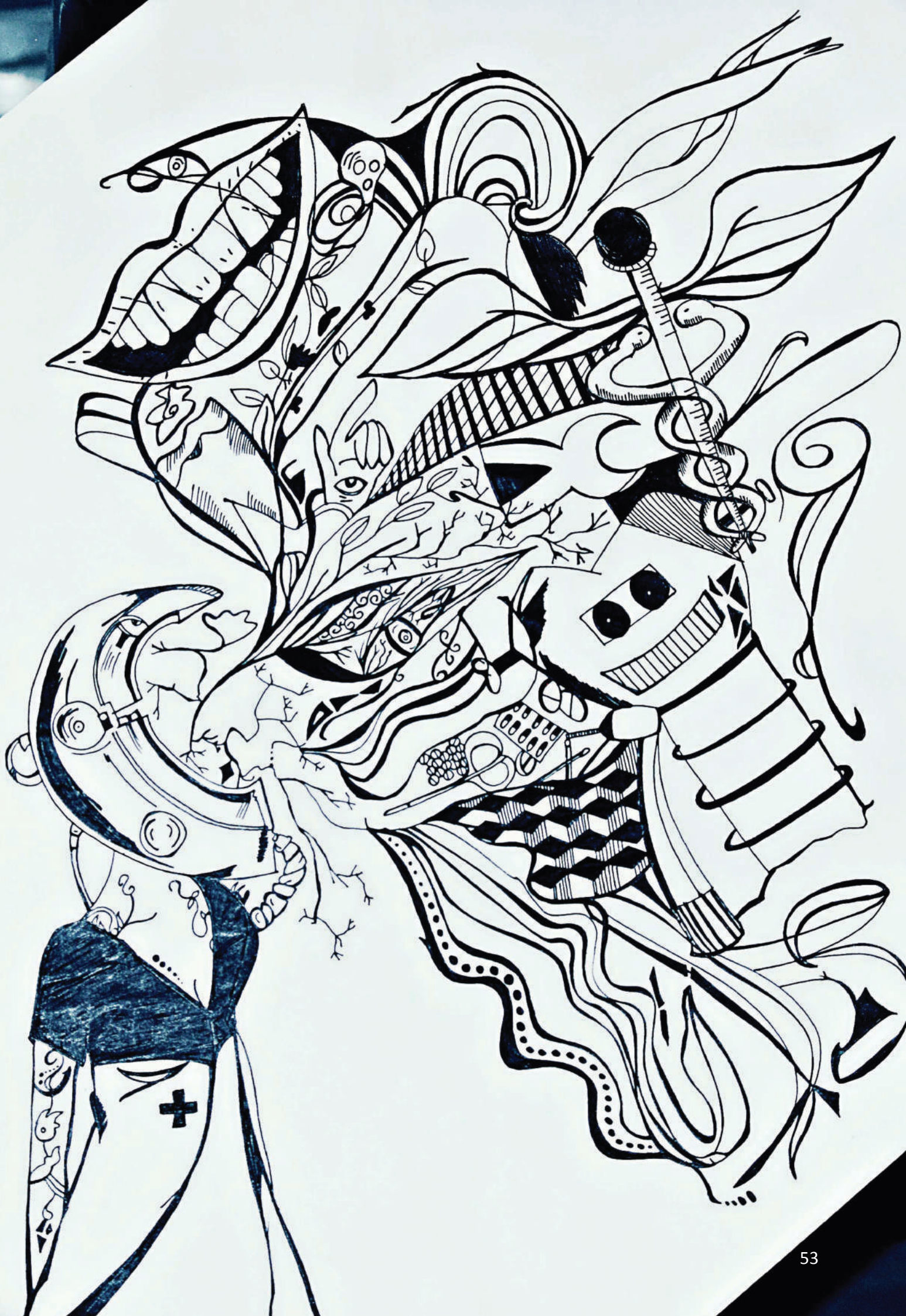
- Toppers:

Rank	Name of The Student
1	Swati Samaleti
2	Krishna Bhanushali
3	Sonali Khandate

- Subject Toppers:

Subject	Name Of The Student
Oral Surgery	Nimisha Momin Swati Samaleti
Conservative & Endodontics	Krishna Bhanushali Amol Shinde
Prosthodontics	Swati Samaleti
Pedodontics	Krishna bhanushali







## WHY DigiLearn?

Technology is everywhere, entwined in almost every part of our lives. It affects how we shop, socialize, connect, play, and most importantly learn. With their great and increasing presence in our lives it only makes sense to have mobile technology in the classroom. There are countless reasons why technology is a key aspect of learning. To narrow it down, here are 10 reasons for the importance of technology in education:

### 1. Students demand it!

Students are engaging with technology constantly outside of the classroom. We like to be interactive, and learning through technology has now become a part of our lifestyle.

### 2. New teachers are demanding it.

The technology movement has been implemented in post-secondary education as well as other professional jobs. For new teachers, technology is considered a necessity for the learning environment.

### 3. Youth are the digital native.

We know technology better than most adults. It has become the easiest way we learn, because it is such an integral part of our life. Engaging with technology in the classroom has not only helped us learn better, but we also acquire multi-tasking skills. At this day in age, we hardly know how to learn without it. This knowledge is important, because we would be way behind in the real world without it.

### 4. We can learn at our own pace.

Students learn at their own pace, but sometimes the traditional classroom makes it difficult to do so. With the integration of technology in education, children have the ability to slow down and go back over lessons and concepts, and more advanced kids can go ahead. It also frees up the teacher to help kids on a more one-on-one level.

### 5. With technology, there are no limitations.

Having access to other information outside of the book gives students many different ways to learn a concept. Teachers can come up with creative ways to teach their students that keeps them engaged. Technology has changed the learning environment so that learning is more hands-on. Institutions throughout the nation are diverse in income, and often everyone doesn't always get the resources they need. The implementation of technology in education helps close that gap.

### 6. Technology has the ability to enhance relationships between teachers and students.

When teachers effectively integrate technology into subject areas, teachers grow into roles of adviser, content expert, and coach. Technology helps make teaching and learning more meaningful and fun. Students are also able to collaborate with their own classmates through technological applications.

### 7. Testing has gone online.

One protocol that institutions don't have control over, but must adapt to, is online testing. Testing online is the way of the future, but it has a lot of advantages. Assessing students' performance can be done instantly with technology. Beyond seeing test scores in real-time, teachers can better track and understand students' grasp of the subject.

### 8. Multitude of resources.

Computers, tablets, and other forms of technology bring multiple resources for the teacher that's not in the book. They not only keep students engaged with exciting new features and apps, but also have other ways to teach students. Every kid learns differently, and technology helps with this gap as well.

### 9. Technology keeps kids engaged.

The students of this generation are considered technological learners. They learn best being



more interactive, and technology is what helps them do that. Children often struggle to stay on task or interested, and with these resources to help the teacher, they can better stay focused and learn faster.

10. Technology is necessary to succeed outside of primary and secondary education.

Whether we like it or not, technology is an essential concept to learn. Because it changes

so quickly, children are better off learning about it sooner. It is a primary part of every industry, and there is no way around it. These days, technology means more than just learning basic computing skills. Technology has made itself part of every aspect of our lives today, and the students who understand it are the ones who succeed in the business world.

- Ms. Ankita Pasad



### आई हवी

स्वयंपाक करायला आई हवी  
गरम जेवण वाढायला आई हवी  
अभ्यासात मदतीला आई हवी  
"तुला काही कळत नाही,"  
ऐकून घ्यायला आई हवी  
खरेदीला जाताना आई हवी  
निवड करताना आई हवी  
नसतानाही "राजपुत्र " म्हणायला आई हवी  
गालावरून हात फिरवायला  
आई हवी  
मनासारखं घडवायला आई हवी  
बाबांना समजवायला आई हवी  
ओरडा खाताना आईच हवी  
पदरामागे लपायला आई हवी  
आपली बाजू सावरायला आई हवी  
पाठीवरून हात फिरवायला  
आई हवी  
कॅरमचा चौथा मेंबर आई हवी  
पते खेळताना ही आई हवी  
बुद्धिबळात भिडू म्हणून आई हवी  
भूक लागली की आई हवी  
पडल्यावर सावरायला आई हवी  
लागलं खुपलं आईच हवी  
मन मोकळं करायला आई हवी  
न बोललेलं कळायला आई हवी

बाबा नि माझ्यात सेतु म्हणून  
आई हवी  
माझ्यावाटची बोलणी खायला  
आई हवी  
माझी बाजू मांडायला आई हवी  
माझी बाजू पटायलाही आईच हवी  
परिस्थितीचा राग काढायला  
आई हवी  
तुझ्यामुळे घडलं सारं  
ऐकायला आई हवी  
रागराग करायलाही आई हवी  
निरपेक्ष प्रेम शिकवायला आई हवी  
पहिलं प्रेम न सांगता कळायला  
आई हवी  
डोळ्यांतलं समाधान कळायला  
आई हवी  
एकटेपणात सांभाळून घ्यायला  
आई हवी  
नजरेने आधार द्यायला आई हवी  
"मी आहे रे ", ...  
विश्वास द्यायला आई हवी..

- Mr. Padmakar Baviskar



## DEEDS OF KINDNESS - COFFEE ON THE WALL

I sat with my friend in a well-known coffee shop in Venice (Italy), the city of lights & water. As we enjoyed our coffee, a man entered and sat at an empty table beside us. He called the waiter and placed his order saying, 'Two cups of coffee, one of them there on the wall.'

We heard this order with rather interest and observed that he was served with one cup of coffee but he paid for two. As soon as he left, the waiter pasted a piece of paper on the wall saying 'A Cup of Coffee'.

While we were still there, two other men entered and ordered three cups of coffee, two on the table and one on the wall. They had the two cups of coffee but paid for three and left. This time also, the waiter did the same; he pasted a piece of paper on the wall saying, 'A Cup of Coffee'. It was something unique and perplexing for us. We finished our coffee, paid the bill and left.

After a few days, we had a chance to go to this coffee shop again. While we were enjoying our coffee, a man poorly dressed entered. As he seated himself, he looked at the wall and said, 'One cup of coffee from the wall'. The waiter served coffee to this man with the customary respect and dignity. The man had his coffee and left without paying. We were amazed to watch all this, as the waiter took off a piece of paper from the wall and threw it in the dust bin. Now it was no surprise for us – the matter was very clear. The great respect for the needy shown by the inhabitants of this town made our eyes well up in tears. Ponder upon the need of what this man wanted... He enters the coffee shop without having to lower his self-esteem... he has no need to ask for a free cup of coffee... without asking or knowing about the one who is giving this cup of coffee to him. He only looked at the wall, placed an order for himself, enjoyed his coffee and left, probably the most beautiful wall you may ever see anywhere!

-Ms. Nimisha Momin





## WHAT A PENCIL CAN TEACH US...

The Pencil Maker took the pencil aside, just before putting him into the box.

“There are 5 things you need to know,” he told the pencil, “Before I send you out into the world.

Always remember them and never forget, and you will become the best pencil you can be.”

One: “You will be able to do many great things, but only if you allow yourself to be held in someone’s hand.”

Two: “You will experience a painful sharpening from time to time, but you’ll need it to become a better pencil.”

Three: “You will be able to correct any mistakes you might make.”

Four: “The most important part of you will always be what’s inside.”

And Five: “On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.”

The pencil understood and promised to remember, and went into the box with purpose in its heart.

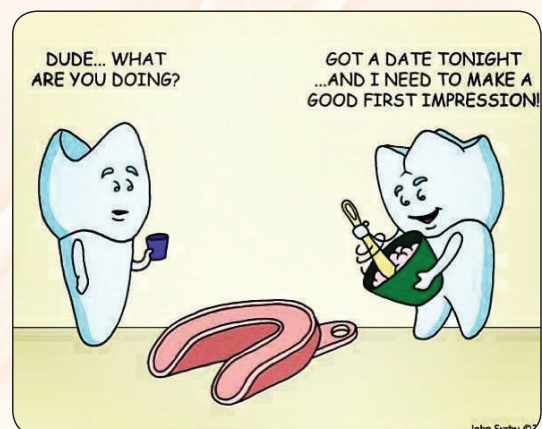
Now replacing the place of the pencil with you, always remember them and never forget, and you will become the best person you can be.

- Ms. Pradnya Chaudhari



What do you call a bear with no teeth?  
-- A gummy bear!

GotLines.com





## QUACKERY: A MAJOR LOOPHOLE IN DENTAL PRACTISE

Quackery, which can be defined as the promotion of false or unproven methods for profit, had long been a scourge of humanity.

Quackery has also been defined as "the fraudulent misrepresentation of one's ability and experience in the diagnosis and treatment of disease or of the effects to be achieved by the treatment offered.

Quackery in dentistry is a problem since decades .although,mostly practiced in villages ,metro cities are not less targeted ,at present.Many dental quacks are running their practices successfully compared to qualified dentists.These are usually incompetent and practicing for personal fulfillment by operating without any competent training or qualifications.

Question arises that how are these fake dentists surviving & why is their practice flourishing? The answer lies in the fact that more than 70%of Indian population is residing in rural areas and a major portion is below poverty line.

They are able to acquire meager knowledge by just simple observation of the dental operating procedures with no scientific knowledge and then start off their own practice in rural areas at a low cost,without using any technology and modalities.They are least concerned about the sterilization of their instruments and device their own instruments according to their convenience which has no scientific basis. Some of the basic procedures done by quacks are-extraction of teeth by using screwdrivers and pliers,restoration using self-curing acrylic as restorative material,use of suction disc on palatal surface of maxillary complete denture to increase retention,self-curing acrylic resin in embrasure area for splinting,use of wire in removable partial denture and fixing them with adjacent teeth,removable partial denture made and fixed to adjacent teeth with help of self cure resin.

As a result of this non medical and unethical treatment,patient's oral health has worsened such as erosion of palatal mucosa due to placement of suction device,erosion of gingiva due to acrylic restoration and fixation of prosthesis to gingiva with self curing acrylic.

How to tackle quackery ?

Many people think that quackery is easy to spot. They use scientific terms and quote (misquote) scientific references.Talk show hosts may refer to them as experts or as "scientists ahead of their time".In the field of dentistry,these matters of quackery need to be carefully analyzed. Whether these street dentists can be legally trained with minor first -aid procedures should be given a serious thought.The WHO suggests of having new dental auxiliaries like dental aid,dental licentiate,and frontier auxiliaries with little training to work in rural remote areas. Until the government intervenes,takes them into the healthy system,& provides a stable means of income, there are more chances that the quacks may thrive to earn money by practicing quackery.The best defense against quackery is an understanding of how scientific knowledge is developed and verified. Dental education should include instruction on the scientific method and detection of quackery.

The other ways of increasing the accessibility to quality professional care for the rural areas should also be seen upon.The government should urge fresh graduates to practice in rural areas and provide more incentives to them. The public community oriented oral health programs to increase the awareness among rural population.Dental colleges can have peripheral centers in the rural areas and even adopt some villages or PHCs where they can visit regularly to provide care to needy and Educate rural masses.A compulsory rural posting of around 3-6 months for interns would certainly benefit millions of deprived people in rural areas. Dentistry has progressed a long way in last century & it is one of the most respected professions. It is incumbent upon dentists everywhere,to protect that hard earned reputation by weeding out quacks.

- Ms. Karishma Badgujar



## BOLLYWOOD EXPRESS- 100 YEARS OF INDIAN CINEMA

“You’ve gotta dance like there’s nobody  
watching,  
Love like you’ll never be hurt,  
Sing like there’s no one else listening,  
And live like its heaven on Earth”

You know the first time I read these lines I was sure that this was the whole idea behind setting up this world called Bollywood. Since childhood we all have been taught about all things Indian- be it Indian values, traditions, food, clothing and all things nice. But I guess the most important thing that gets the least attention during the entire curriculum of the growing up part in an Indian Society is Bollywood. Nowadays when I see people going crazy about Hollywood movies like Casablanca, Titanic, Gone with the Wind or even some recent ones like The Avengers, Avatar or maybe Fast and Furious series I am baffled by the fact that how come we are not equally thrilled about some of the competitors of the same. Today as we complete an entire decade of the Indian Cinema, we will go through the entire journey and how well we have evolved as individuals in portraying realistic incidents and stories on the 70mmX48.5mm screen.

The fantastic idea of portraying cinema in Indian Background was done by Dr. Dadasaheb Phalke when he released the first silent Hindi movie named Raja Harishchandra. Inspired by this the saga of making films continued and we were privileged to get some great filmmakers. The milestone in the Hindi film industry came when the silence was ended by Ardeshir Irani when he produced the first sound motion picture named

‘ Alam Ara’ in 1931. Since then there was no looking back for this colourful industry. Initially it was black and white followed by colour motion pictures, but Bollywood never fail to amuse us. How can one forget the legendary Guru Dutt for giving us the historic Kaagaz ke phool or for that matter The Great Showman of Indian Cinema Raj Kapoor who was the world’s best joker or the way he opened our eyes in Shree 420. When it comes to classic how can we not talk about the epitome of love ‘Mughal-E-Azam’, the way Dilip Kumar with his poise portrays the flamboyant, self indulgent Salim and the beautiful Madhubala and how they fall in love and how the entire society acts as rebel to this epic love story. Following such stories the Indian film industry rose and shined with the entry of the first superstar Rajesh Khanna who entertained us through his back-to-back hits like Anand, Katti Patang, Amar Prem and the list is endless. While the superstars basked in the glory, actresses were not far behind. We saw the rise and fall of Nargis, Waheeda Rehman, Hema Malini and many more. As we progressed further we saw our own Angry Young Man Amitabh Bachchan who explained us the importance of mother in our life or telling us “jahan hum khade hote hai line wahin se shuru hoti hai...”

As time passed, we entered the era of 90’s we saw music blend with our cinema. It was a mixed genre of thrillers, romance, action and comedy. On one side we saw the classic musical Khamoshi on the other side we saw the introduction of special effects with Mr. India. We learned some great family values from Sooraj Barjitiya to learnig the importance and realising that falling in love with your best friend is the best feeling in the world with ‘ Kuch Kuch Hota Hai.’ As we talk about love how can we not



talk about the Magic Man- Yash Chopra, who created the illusion of fairy tale romances and dream sequences can actually be fulfilled and occur in real life. With romance came the most Romantic person who opened his arms wide and captured all the love in this world- Shah Rukh Khan. And as time passed, the Indian Cinema blossomed and portrayed so many different colours of the society. More and more realistic ideas came and modelled into amazing stories. Where there was Lagaan talking about the oppression faced by us caused by the English, there was also characters like Munnabhai who taught us a whole new perspective of treating a diseased patient. Progression saw its way into this industry when we had our first superhero. Superman, Batman are just too mainstream; we have Krish our very own planet saver. When people were hooting for India on cicket fields, we came to know so much more about our own national game Hockey through Chak De India!

Its been such a great journey for us as we proudly say that we come from a country where Shah Rukh is our heartthrob, directors like Rajkumar Hirani, Vishal Bhardhwaj, Dibakar Banerjee have placed our country on a global platform. Yes we have unrealistic plots, where balloons fly and loud trumpets start playing when you fall in love, the villain flies miles apart just by a punch on their face, where ghosts are based on black magic and reincarnated souls exist but there is no other country, no other platform that can potray the magic that Hindi cinema can create. Over the years I have watched and appreciated English movies but then my love for Bollywood is too biased. Everyone is not lucky enough to complete 100 years and I feel privileged that I hail from a country where I get to see such myriad of colours on screen by some amazing talent on screen. Always and Always will remain a true Bollywood Fan....!!!!

- Ms. Anuradha Banerjee

## RANGOLI- A FESTIVE ART

Rangoli is derived from the Sanskrit word 'rangavalli'. Rangoli is an art which precedes sculpture and painting. It is both an auspicious and a preliminary necessity in any religious ritual. It is a custom to draw rangoli at the site of any auspicious religious ritual such as a holy festival, a religious festival, an auspicious function like wedding, ritualistic worship, a vowed religious observance, etc. The two aims of drawing rangoli are revelation of beauty and the acquisition of auspiciousness. The forms drawn in the rangoli are symbolic. A curved line produces a better effect of beauty than a straight one. Usually it is women who draw rangoli. They do not require any devices such

as a ruler, a thread, a brush, etc. to draw them. They freely move their fingers to create various shapes with ease.

The purpose of rangoli is decoration, and it is thought to bring good luck. Design depictions may also vary as they reflect traditions, folklore and practices that are unique to each area. It is traditionally done by women. Generally, this practice is showcased during occasions such as festivals, auspicious observances, marriage celebrations and other similar milestones and gatherings.

They are meant to be sacred welcoming areas for the Hindu deities. Designs are passed from one generation to the next, keeping both the art form and the tradition alive. Similar practices are followed in different states of India: Rangoli in Karnataka, Kolam in Tamil Nadu, Mandana in Rajasthan, Chowkpurana in Chhattisgarh, Alpana in West Bengal, Aripana in Bihar,



Chowkpujan in Uttar Pradesh, Muggu in Andhra Pradesh, Golam kolam or Kalam in Kerala and others except in North eastern states.

In Tamil Nadu there is a prevalent myth, that Andaal worshipped Lord Thirumaal and was married to him in the month of Margazhi. So during this month, unmarried girls get up before dawn and draw a Rangoli to welcome

the god Thirumal. Mentions of rangoli creation are also found in Hindu mythology. Cultural development of Rangoli in the South originated in the era of the Chola Rulers. There are modern and traditional rangoli designs. The designs are usually inspired by nature, but they can also be in the form of abstract art.

- Ms. Ameyaa Bagwe

## EMPOWER HER

Recently all over India, women's day was celebrated wonderfully. Social sites were brimmed with the messages about empowering women, their share in the society and every other formal stuff. It was very appreciable to see such a response supporting better half of mankind.

I personally believe, a woman holds the power to create something magnificent as well as to ruin the same. No matter what, every woman has got that 'X' factor in her. The great Shivaji Maharaj was a wonderful vision and creation of super great Jijamata. Even the Ramayana and Mahabharata are the evidence of woman power. The power, that creates as well as destroys. One woman was enough to create the Mahabharata and one woman was enough to create Ramayana as well. What a powerful creation.

Recently I had been to Goa with my friends. It's a wonderful place to see most of the western culture in India. There, I saw a different picture. The great power of which we are talking seems to be moving towards its own destruction. I don't want to depict the picture as most of you have understood what I want to say. This is neither a philosophical article nor a protestant one. It's just an urge to awaken the unconscious spirit of current generation. Both men and women are equally responsible for holding the sail of the society. But woman is the driving force of the ship.

Most of the time, we hear and see that women have always been the victim of the society and

men's domination. But that's not the complete truth. There are women who are the active part of the society and giving proper direction to it. The ones who are the victim of the society need to be educated to be strong enough to run the society and educate the upcoming generation to prevent such incident.

For all the women, I want to say that, you all have the power to change your present, whatever it may be, to the future, what you want it to be. Don't waste your valuable time in worrying and crying about the hurt caused to you by any guy or situation. Stop blaming yourself for choosing wrong people in your life. It's my request to all the girls, before choosing any person in your life, be careful with all the upcoming risks along with it. Hope for the best but plan for the worst.

For all the men out there, I want to say that uplifting the girl in the society increases your prestige. So don't ever ruin future of any girl, because someday you all will be having a girl in your upcoming generations. Respecting a woman requires brave heart and a courageous mind. And I am sure all guys reading this, have it in them!

Lastly, we all are here to create something beautiful. Life is not what happens to you, it's what you make of it!! It is generally said, "A woman without her man is nothing" But I think we can change this to, "A woman: without her, man is nothing"

It's up to you girls, which sentence would you like to prove right? The ball is in your court!

- Ms. Sharayu Jejurkar



## HOW TO BE A WINNER

When I started writing this topic, I thought people will laugh at me. This lass who didn't even touch 65 percentile is giving tips on how to be a winner. But then I thought about the 1 and a half year of drop & how I used to pray day and night to atleast pass the exams. For a person who has been a topper all her childhood it was just disastrous to face failure. But I survived; so yes for all the turmoil that I went through, I consider myself as a tiny little winner. Not because of any grades but for I didn't give up. (Here I would thank my family & well-wishers who didn't let me do so). Here I present certain self-learned ways by which we can uplift ourselves:

1. First of all you yourself have to wish that you will succeed. Unless you dream for it you won't put valuable effort in that direction.
2. Sincerity towards your work will always be noticed. You need not keep rubbing your nose against anybody's feet. Sheer dedication of yours will gather praise & offcourse internal marks!
3. Discuss your work with colleagues whose work is good enough. This will explore u not only to new treatment options to the cases

which you didn't have had the opportunity to deal with but also to avoid mistakes.

4. Do not believe everyone. Do your own research or consult the staff who has expertise in the concerned work. Keep away from fake/ill wishers/lazy/drama creators/ill wishers.
5. Remember nothing can steer you to success better than hardwork. There's a quote stuck in my mind "The harder you practice, the luckier you get." And mind you every bit of this is true.
6. There will come a time when you'll feel exhausted, tortured or misled but you have to overcome all this. Time will not stand still nor will anybody else until you are finished with your sobbing. All this sure it teaches you a lot in the process both academically & otherwise. So, always attempt- just keep going!
7. Finally I would say, winning and losing is not by chance; it by the amount of hardwork or lack of it put in.

In conclusion I would say although achieving success is important; please remember to have a good nature and not hurt others in the way. They say "A man is best judged not by how good he speaks to those above him, but by how well he treats those below him"

- Ms. Swati Samaleti

### महिलाएं होती हैं बेहतर लीडर

साल दर साल घर से बाहर निकल कर प्रोफेशनल दुनिया में दक्षता से साथ काम करने वाली महिलाओं की संख्या में तेजी से वृद्धि हो रही है। लेकिन जब बात .. महिलाओं की उपलिब्धियां गिनाने की आती है या हर बार महिला दिवस के अवसर पर प्रमुख पदों पर आसीन महिलाओं की आती है तो यही कुछ गिनेचुने - नाम सामने आते हैं।

महिलाएं लगन, मेहनत और दक्षता के साथ अपने काम को पूरा करती हैं। इस बात को समयसमय पर सभी ने माना है। यही नहीं कुछ कंपनियों ने तो इसी - बात को ध्यान में रखकर अपने यहां महिला कर्मचारियों की भर्ती को प्राथमिकता भी दी है लेकिन जब बात प्रमुख, सर्वोच्च या महत्वपूर्ण पदों की आती है तो महिलाओं की सारी योग्यताओं को दरकिनार कर पुरुषों को प्राथमिकता दे दी जाती है।

पिछले दिनों अमेरिका में हुए एक शोध ने इस बात को साबित किया है कि जब भी महिलाएं मेयर या ऐसे किसी प्रमुख पद से जुड़ती हैं तो पुरुषों की अपेक्षा ज्यादा दृढ़ता और गंभीरता से जनहित संबंधी मुद्दे उठा पाती हैं और समस्याओं का निराकरण कर पाती हैं।

यह शोध कहता है कि राजनीति सहित अन्य क्षेत्रों में प्रमुख पदों पर महिलाओं का होना आमजन के लिए ज्यादा फायदेमंद साबित होता है। इस शोध ने एक बार फिर से समान कामअसमान वेतन तथा सुविधाएं तथा इसी तरह के अन्य - मुद्दों की ओर ध्यान आकर्षित करवा दिया है। देखना है कि नीति निर्धारक इस बारे में क्या और कितना कर पाते हैं? उम्मीद करें कि आने वाले वर्षों में ऊंचे पदों पर बैठी महिलाओं की लिस्ट लंबी नजर आए।

- Mr. Uzair Syed



## कॉलेजमधील जीवन

असं नेहमी आपल्याबरोबरच का होतं  
पहिल्यांदा सर्वाप्रमाणेच college बोअर वाटतं  
अचानक एक दिवस तो गोड चेहरा वर्गात येतो  
आणि अख्खी college life बदलवून जातो  
मग पकाऊ लेक्चर असले तरी वर्गात बसावेसे वाटते  
Result येत नसला तरी practical करावेसे वाटते

लायब्ररीमध्ये तासन् तास भुरकन उडून जातात  
पुस्तकातली नाही तरी मनातली चार पाने वाचून होतात

Extra lecture ठेवले तरी आपली त्याला ना नसते  
आता तर रविवारी पण college मध्ये यायची तयारी असते

असे करता करता.....

College ची वर्षे निघून जातात  
जाता जाता डोळ्यामध्ये मात्र  
विरहाची आसवे देऊन जातात

- Mr. Sandip Wanve

## अतुल्य भारत

‘जहा डाल डाल पे सोने की चिडिया करती है बसेरा वो भारत देश है मेरा’ या ओळी प्रत्यक्षात उतरवण्यासाठी पुन्हा एकदा क्रांती घडणं आवश्यक आहे तरच आपलं महासत्ता बनण्याचं स्वप्न साकार होईल.भारताला स्वातंत्र्य मिळून ६८ वर्षे झाली. स्वातंत्र्य मिळवण्यासाठी अनेक क्रांतिकारी, स्वातंत्र्यवीरांनी आपल्या प्राणाची आहुती दिली. स्वराज्य मिळवण्यासाठी टिळक, गांधी, पटेल, सुभाषचंद्र बोस या महापुरुषांच्या नेतृत्वाखाली अनेक जण स्वातंत्र्याच्या लढाईत धारातीर्थी पडले, देशासाठी आपलं बलिदान दिलं. स्वराज्याचं स्वप्न अखेर १५ ऑगस्ट १९४७ साली सत्यात उतरलं. ब्रिटिश राजवटीतून भारत स्वतंत्र झाला.

भारत जगतील सर्वात मोठे लोकशाही राष्ट्र म्हणून ओळखले जाते. भारतात असलेल्या सांस्कृतिक तसेच धार्मिक विविधतेमुळे भारत जेव्हा स्वतंत्र झाला तेव्हा अनेकांनी भारत हा देश एकसंध राहणार नाही असे भाकित वर्तवले होते. परंतू विविधतेत एकता हेच भारताचे वैशिष्ट्य ठरले आणि आज ६८ वर्षांच्या स्वातंत्र्यतोत्तर वाटचालीत भारताच्या एकात्मतेला कुठेही तडे गेले नाहीत. भारताने तंत्रज्ञान, विज्ञान, शेती, शिक्षण असा विविध क्षेत्रात प्रगती केली.

भारताचा इतिहासही मोठा रोमांचक व स्फूर्तिदायक आहे.भारतीयांची सर्वात मोठी ठेव म्हणजे भारतीय संस्कृती.हजारो वर्षांची तेजस्वी परंपरा तिल लाभली आहे.भारताचे आणखी एक वैशिष्ट्य म्हणजे,भारतात बोलल्या जाणाऱ्या विविध भाषा.साऱ्या भाषा आपापल्या साहित्याने समृद्ध आहेत.भिन्न धर्म,पंथ,जाती अंगीकारलेले कोट्यवधी लोक या देशात गुण्यागोविंदाने राहतात.शेतीची उत्पादने,उद्योग व्यवसायात जाशी भिन्नता आहे तशी नृत्य,संगीत, चित्रकला इत्यादि ललितकलांच्या आविष्कारातही भिन्नता आहे,पण या विविधतेही एकता आहे.

भारतावर परकीय आक्रमण आले,संकट आले.मग ते नैसर्गिक असो वा मानवनिर्मित असो,त्या त्यावेळी सर्व भारतीय सारे मतभेद विसरून एकदिलाने आणि यशस्वीपणे त्या संकटाला सामोरे गेले आहेत.त्यामुळेच जगाच्या पाठीवर कुठेही वावरणाऱ्या भारतीयांच्या मनात एक मंत्र सदैव गुंजत असतो,तो म्हणजे ‘माझा भारत महान!’

- Ms. Priyanka Sankhe



## HISTORY OF DENTISTRY

The Indus Valley Civilization has yielded evidence of dentistry being practiced as far back as 7000 BC. A Sumerian text from 5000 BC describes a “tooth worm” as the cause of dental caries. Evidence of this belief has also been found in ancient India.

Since prehistoric times, when people have had issues with their teeth, there have been other people there to help. How we care for our teeth has changed over the past several thousand years, and today we call the professionals who care for our teeth dentists. Evidence of dental decay has been found in teeth from skulls that are 25,000 years old, and archaeologists have found evidence of the first dental fillings in teeth from people who lived around 8000 BC.

### 7000 BC – The Bow Drill Era

Dentistry got its start in the Indus Valley of India and Pakistan. These industrious would-be dentists were master bead makers who used bow drills to cure tooth problems. This is also the first appearance of dental assistants, whose duties consisted of restraining the flailing arms and legs of patients during the undoubtedly excruciating procedures. Still, this obviously beat a life without teeth.



### 700 BC – The First Bridges

The first society to use dental bridges and appliances were the Etruscans, starting around 700 BC. The image below shows a similar dental bridge created by the Egyptians that uses gold wires to hold the teeth together. This is also the first incarnation of a cosmetic dental practice that would come to be known as “bling”.



Oral hygiene and its tools (toothbrush, toothpick, use of tooth pastes and tooth powder) were used long before our times. Already ancient people started to remove, file, dye and inlay teeth. The teeth were dyed red or brown (with henna or betel) in India. Dentistry was surely practiced in ancient Egypt, India, China, Greece and Rome, while odontology and especially suitable dental appliances arose only by Etruscan.

Dentists in ancient times often used dental extraction to “cure” a variety of illnesses. The instruments composed of: Most antique dental instruments were made of bone or ivory and metal. The tongue scraper, for example, was made completely of ivory, while other metal instruments featured handles made from ivory or from bone. Some 19th century dental tools were made of tortoise shell, like the tongue scraper, for example. In addition, some mirrors were also sometimes made of tortoise shell. Had it not been for antique dental instruments and beliefs of ancient times, we would not have today. Materials have changed over the years; some of the instruments of ancient times are still used today.

### The Toothbrush:

In ancient times, people used chew sticks, tree twigs, bird feathers, animal bones and porcupine quills to clean their teeth. Indian Medicine has used the Neem tree and its products to create toothbrushes and similar products for millennia. In the Muslim world, the ‘miswak’, made from a twig or root with antiseptic properties has been widely used. Rubbing baking soda or chalk against the teeth was also common.

- Ms. Arwa Kadiani  
- Mr. Manal Gupte



## WHY MEDITATE?

A footballer exercises for stronger legs and a cricketer for stronger arms and back, a gym trainer exercise for a strong body. It is always quoted as "Mind over the Body" and we all can make our minds stronger and clearer by doing a simple exercise-MEDITATION. Meditation can be technically defined as the method of focusing one's mind and keeping it calm and composed for certain period of time. The history of meditation is practically untraceable and we can say that it has been practiced since the time unaccountable. The meditation has many benefits which help us to climb the steps of being a much better human being.

Meditation was used by Gautam Buddha to attain enlightenment and also by Swami Vivekananda to find the solutions to the trickiest problems. I won't be wrong if I say that great personalities built their greatness on the foundation of meditation. It is the key which unlocks ourselves and frees our mind from all its limits and increases its potential by vast measures. The things our mind can do once we start reaping the benefits of meditation are amazing.

The ways in which one can meditate offers a lot of options and yet an individual can find out a new way of meditating for himself. The most basic way of meditating is sitting cross legged with the eyes closed and your palms resting on your knees. Other way of resting your palms is with its thumb and index finger slightly touched to each other while other fingers open.

The first step of meditation is staying still and focusing your mind. The focusing of the mind is not an easy task during the early stages of meditation. But it can be achieved by supplementary ways like chanting your deities' name or by regulating your breathe and counting them. The ideal way of focusing the mind is concentrating your pupils' on the forehead at the glabella and imagining a bright reddish orange sphere and approach towards it.

Unlike other exercises meditation doesn't require any accessories. The only things

required are a man's will and a quite ambience. The quite ambience is no longer required as we advance our levels in meditation and we can easily focus our minds in chaotic places too. But that requires a lot of practice and honest efforts.

The primary goal obtained by meditation is that it increases our concentration by restricting the flow of multiple thoughts at a time and thus preventing us from getting tangled in our own thought web. It also helps us to clear our mind and have unbiased opinions on a topic. It can be used to analyze a problem and find the most acceptable solution to it. Also it prevents an individual from cracking under pressure or stressful situations. We start using our abilities more efficiently and start pushing our limitations. Also it helps foreseeing things or reactions to the actions.

Meditation not only has mental benefits but also physical benefits. We can communicate with our own body and understand it better thus helping us to be more immune to diseases. It also provides instant zest & energy and rejuvenates us. The sensitivity our sensory organs boost up and we perceive things in a better way. Also it gives us a different perspective to look from at the things. Meditation not only helps us in detoxicating our mind & soul but also our body.

Meditation when fused with yoga gives us a mastered body balance and harmony of all the organs. When clubbed with the processes of self healing we can quicken our healing process. But that's something which is going to take a lot of patience and years of practice.

So why not start it from today? And have a look at your own self; talk with your own self; get introduced with your own self. That what meditation does... It leaves you alone with your own subconscious. It's time to evaluate ourselves. If you are doing good start meditation for doing better and if you don't think so meditation will help you do good.

*"Meditation sets your mind free from the curses of anger, greed, hatred and mirages of life..."*

- Ms. Amruta Gujar





About To Touch The Finish Line!  
#WhatsAppers



❖ MUHS Summer May 2015 Examination:

- Toppers:

Rank	Name Of The Student
1	Balasubramaniam Shankar
2	Aarti Sharma
3	Nilam Thombare

- Subject Toppers:

Subject	Name Of The Student
General Medicine	Burhanuddin Khambati
General Surgery	Aarti Sharma
Oral Pathology & Microbiology	Balasubramaniam Shankar

❖ MUHS Winter November 2015 Examination:

- Toppers:

Rank	Name Of The Student
1	Anagha Waghmare
2	Aditi Sukinkar
3	Dattatray Bhale

- Subject Toppers:

Subject	Name Of The Student
General Medicine	Dattatray Bhale
General Surgery	Pooja Gopalkrishnan
Oral Pathology & Microbiology	Anagha Waghmare Aditi Sukinkar

❖ MUHS Winter November 2015 Examination: PART –I

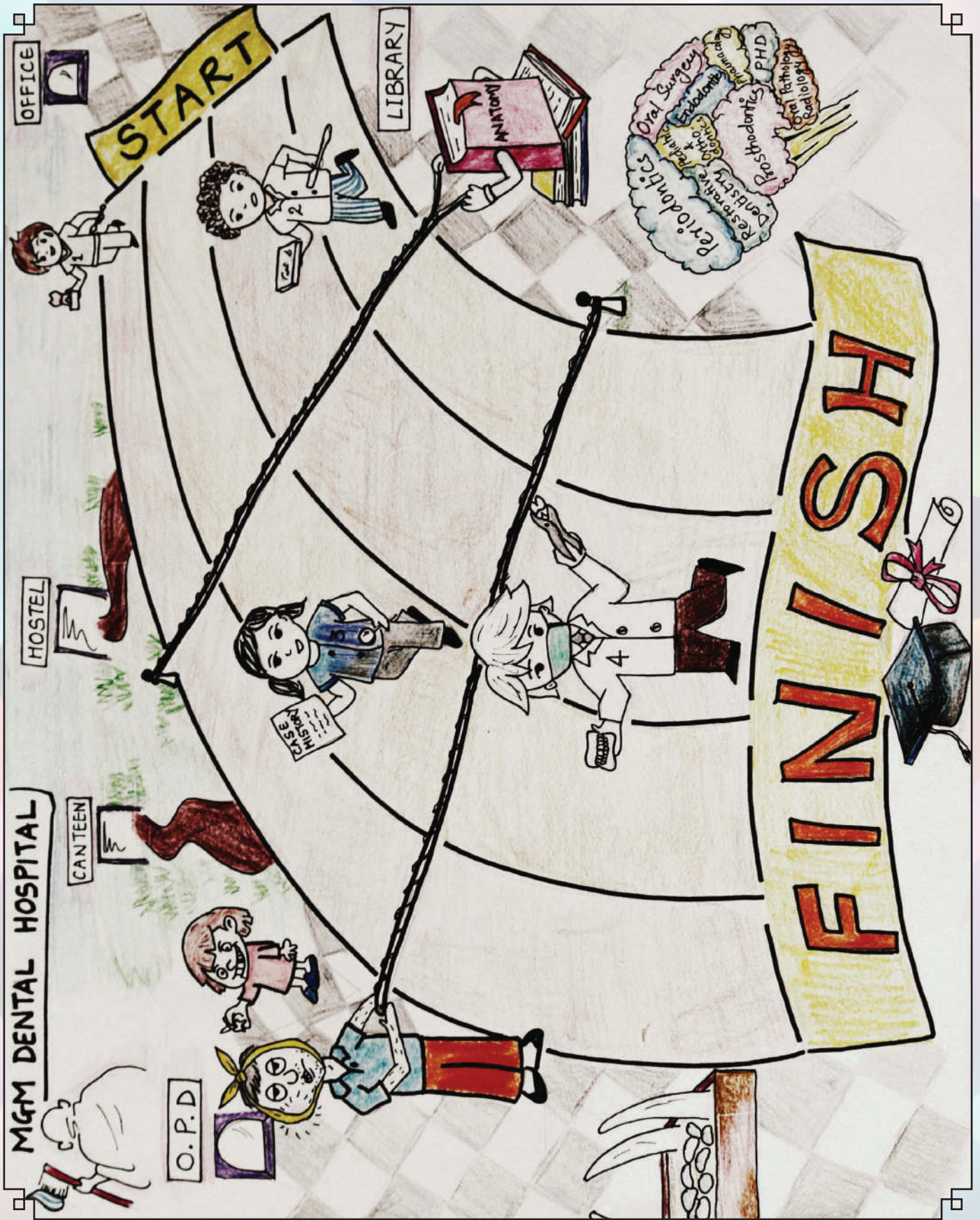
- Toppers:

Rank	Name of The Student
1	Balasubramaniam Shankar
2	Shalu Shah
3	Kajal Balani

- Subject Toppers:

Subject	Name Of The Student
Public health dentistry	Burhanuddin Khambati
Periodontics	Kajal Balani
Orthodontics	Shalu Shah
Oral medicine & radiology	Balasubramaniam Shankar







## BUILDING A SCIENTIFIC TEMPER

It is said that the age we live in is a scientific age. This is commonly believed because over the last 100-150 years, there have been more scientific achievements and development than that achieved in the past thousands of years. Great strides have been made in the field of medicine, physics, chemistry... and we're still in the process of finding new discoveries every day. Yet in my opinion I feel that it is a mistake to call this age in which we are living, or for that matter any age as a scientific age. Only on the basis of the quantum of scientific knowledge accumulated over years, an age does not deserve to be called a scientific age.

We live in an age where superstitions are still believed and followed even by intellectuals and scientific community, where reliance is placed on the mythology of human head is replaced by an elephant head and that during the ancient period more than a thousand years back aero planes existed. Even though the human race has landed on moon and built space stations making advances in the field of astronomy, astrology is still believed in a big way.

I would call a society a scientific society which is composed of men and women who display scientific attitude in their day to day lives. I would like to call that age scientific age in which the problems of the society are faced and handled with a scientific temper.

Scientific temper is that frame of mind which has a thirst for knowledge, which recognizes that knowledge can be acquired by observation, experience and experiment. Any citizen whether a scientist or not, whether a science student or not can and should possess a scientific temper in them.

Someone long back had once quoted, "Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found in your religious books. Do not believe in merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it." This was said by Buddha in 6th century B.C

We believe in superstitions, we believe in astrology, we believe in anything that is in front of us... why? Because one might think who has the time to question, who will sit and argue, who cares.

But my friends if this type of attitude would be consistent in those who brought out this high level of technology and science and made us a progressive civilization on earth, this world would've been totally different.

According to a group of scholars on behalf of the Nehru centre, issued a statement that "scientific temper involves the acceptance amongst others, that one should accept the knowledge gained through the application of the method of science as the closest approximation of truth at that time and question what is incompatible with such knowledge; and that one should, with time to time, reexamine the basic foundation of contemporary knowledge."

Jawaharlal Nehru was the first to use the phrase in 1946. He later gave a descriptive explanation:

"[What is needed] is the scientific approach, the adventurous and yet critical temper of science, the search for truth and new knowledge, the refusal to accept anything without testing



and trial, the capacity to change previous conclusions in the face of new evidence, the reliance on observed fact and not on pre-conceived theory, the hard discipline of the mind—all this is necessary, not merely for the application of science but for life itself and the solution of its many problems.” —Jawaharlal Nehru (1946) *The Discovery of India*, p. 512

The clear stream of reason should not lose its way. We should have a mindset where unless proved with reason we should not be accept it under any circumstances. Believing in something that cannot be proved with reason and without a scientific temper, makes us nothing but psychologically debilitated.

One of the primary ideas of building a scientific temper is to question. To question a hypothesis, to question a stated theory, to question a particular belief system, to question the present social conditions! Secularism is an important

attribute when it comes to building a scientific temper. It is the duty of every citizen to practice the ideal of secularism. By this it means serving and helping each other without the influence of any authority, be it religious or otherwise.

As future doctors, the concept of scientific temper should be properly understood and accepted. We should be in constant touch with the scientific world so that religion, caste, superstition shall not come in our way of serving our people. By keeping our minds open towards anything that is proved with reason and evidence is the only way towards a progressive civilization. In a country where most of the research funds are being chopped off and PhD scholarships being withheld, there is an utmost need of talking about having a scientific temper for building a better society.

- Ms. Adhiti Prabhu



## ROAD TRIPS IN INDIA

The reckless years of one's 20s are perhaps the most illuminating. There's plenty to be learnt, a bevy of experiences that temper you into the man/woman you will become. But as you reach the respectable figure of 30, there is an air of nostalgia of leaving your youthful days behind. Hence, as the number of candles on my birthday cake were about to cross 21, my mind started wandering and I started looking for ways to etch a permanent mark on my life. I was struck by wanderlust and all I wanted to do was get out of my comfort zone. The answer came almost immediately – a road trip. If you too want to get completely lost that one last time, here are some of the best road trips in India that you can make.

### 1. Mumbai to Goa

The Dil Chahta Hai Route

Have fun with your friends while on the road! The road trip between Mumbai and Goa needs no introduction. Driving on National Highway 17 is a pleasure, and the picturesque route has several food joints to answer your food cravings en route to the beach party capital of India - Goa.

- Approximate Distance – 604 kilometres
- Estimated Driving Time – 10 hours
- Pit Stop – Chiplun, which is around 238 kilometres from Mumbai, is a perfect place to give your journey a break. You can spend some quality time here, while admiring a rare fusion of Hindu and Muslim architectural style at the renowned Parshuram Temple



## 2. Jaipur to Ranthambore

From the Pink City to the Land of the Roaring Tiger, spotting the big cat will make your trip a journey of a lifetime! A unique blend of blooming mustard fields and completely empty spaces, the highway that leads to Ranthambore from the Pink City is as scenic as you want it to be. Leave Jaipur early in the morning and head over to State Highway 24, which passes through several small villages, including Bassi and Lalsot, towards Ranthambore.

- Approximate Distance – 145 kilometres
- Estimated Driving Time – 3 hours
- Pit Stop – Spend some time at the Bassi Wildlife Sanctuary to prepare for the eventual date with the tiger.

## 3. Bengaluru to Nandi Hills

From India's Silicon Valley to the Calmness of Hills, where peace and tranquility prevails! If you love capturing the beauty of nature in your camera, you should leave the comfort of your home in Bengaluru well before sunrise, to capture the rising sun in Nandi Hills. However, if you are a late riser and plan to reach the hills well after the sun has had breakfast, you can still please the adventurer within by paragliding or trekking.

- Approximate Distance – 47 kilometres
- Estimated Driving Time – 1 hour
- Pit Stop – Although the journey between Bengaluru and Nandi hills takes just over an hour, do not forget to spend some time at Devanahalli Fort.

## 4. Chennai to Munnar

Welcome to the World of Tea, greenery all the way! If the steamy weather in Chennai is something you want to avoid on the upcoming weekend, a trip to Munnar should definitely be on your to-do-list. The winding road and pleasant weather will make your trip a memorable one. Once at your destination, you either can bring

out the adventurer in you by rock climbing and paragliding, or can simply learn the art of tea making.

- Approximate Distance – 600 kilometres
- Estimated Driving Time – 10 hours
- Pit Stop – An ideal midway stop is Tiruchirappalli, which was one a part of the renowned Chola kingdom. The city, with a large number of beautifully sculpted temples and fortresses, is a treat for photography enthusiasts.

## 5. Delhi to Manali

From the Concrete Jungle to the Valley of the Gods! The stretch, which seems to get cooler with every kilometre you clock, is ideal for all those who love serene valleys and snowcapped mountains. Once in Manali you can improve your adventure portfolio by trekking, paragliding, skiing or rafting.

- Approximate Distance – 538 kilometres
- Estimated Driving Time – 10 hours
- Pit Stop – Spend some time admiring the beauty of waste at Rock Garden in Chandigarh, the 'City Beautiful'. You can even make a few purchases at Sector 17, before you head over to the hills.

## 6. Ahmedabad to Kutch

Towards the White Salt Desert, Watch the White Desert Blend with the Sky!

The journey to Kutch from Ahmedabad is fun and compliments the experience one gets on reaching the destination. The endless expanse of the white salt desert is brilliantly complimented by the colourful life of the people of Kutch and the neighbouring handicraft villages, including Nirona, Nakhtarana and Hodko.

- Approximate Distance – 381 kilometres
- Estimated Driving Time – 8 hours
- Pit Stop – Dhangadhra is an ideal place to rest your wheels for a couple of hours, while admiring some temples and mosques.



## 7. Guwahati to Tawang

A Taste of the Northeast, Welcome to the gateway to Tibet!

This rough, yet beautiful drive from Guwahati can be made relaxing and a lot more convenient by making a stop at Dirang, an attractive valley town. Once in Tawang, you can spend your time in the lap of nature and participate in the morning prayers with monks.

- Approximate Distance – 521 kilometres
- Estimated Driving Time – 10 hours
- Pit Stop – Along with Dirang, another good stopover before heading your way to Tawang is Tezpur, the cultural capital of Assam. With several historical ruins dotting the landscape, the stop is ideal for photography aficionados.

## 8. Kolkata to Varanasi

From Sweetness to Spirituality, Towards the spiritual land of Varanasi!

This stretch to Varanasi, the spiritual capital of India, from Kolkata, is nothing less than a visual treat. Once in Varanasi, you can adorn all your spiritual colours by visiting the ghats.

- Approximate Distance – 682 kilometres
- Estimated Driving Time – 9 hours
- Pit Stop – Make your first stop at Dhanbad and begin your religious journey by visiting the Kalyaneshwari Temple.

## 9. Delhi – Agra – Jaipur

The Golden Triangle, Witness the cultural diversity of our country!

Start your journey from Delhi and drive to Agra via the Yamuna Expressway, one of the country's finest roads. Once in Agra, visit the Taj, Agra Fort and Fatehpur Sikri. Travel to Jaipur the next day and explore the palaces and forts. Also, don't forget to relish a hearty meal at Chokhi Dhani!

- Approximate Distance – 800 kilometres
- Estimated Driving Time – 12 hours
- Pit Stop – While on your way to Jaipur from Agra, spend some time at Koeladeo National Park in Bharatpur to check out several aquatic birds from different parts of the world

## 10. Dehradun to Nainital

From the Rainy City of India to the Trekker's Paradise, Admire green mountains in the cool weather! The road from Dehradun towards Nainital is all about nature, hills and great weather, making things perfect for photography enthusiasts. Once in Nainital, you can either admire nature in all its grace, or shop for woollens at Bohtia Bazaar.

- Approximate Distance – 274 kilometres
- Estimated Driving Time – 5 hours
- Pit Stop – Get some rest at Najibabad, also known as the Gateway of Himalayas and check out some forts and monuments.

## Road Trip Checklist

- Get your car or motorbike inspected by a trusted mechanic to make sure it is good for the trip.
- Rest for a few days prior to the trip so that you're ready to make the most of all the time you have.
- Stock up a first aid and an emergency kit.
- Pack as light as you can so that you have plenty of room available for those great souvenirs.
- Charge your power bank so that your phone and camera does not die midway.

So what are you guys waiting for? Just pack your bags, fuel up your ride, and hit the road. Don't forget to share your road trip experiences with everyone.

- Mr. Meet Shah



## ROAD TRIPS IN INDIA

It was dark,  
When I look back..!!  
Little things were GOOD,  
So many were BAD..!!  
Life was going SLOW and FAST..  
SOLUTIONS were LITTLE and QUESTIONS were VAST..  
SO many moments spent,  
Which in seconds become PAST..  
I failed to HOLD it.. and NOW I can't..  
It was SUDDEN and no longer LASTS..  
Now I see INFRONT and FAR..  
It is even BRIGHTER AFAR..  
I used to SMILE, now I SMILE and LAUGH..  
I used to THINK, now I THINK and SHARE..  
I use to CRY, now I CRY and CARE..  
LIFE is still going SLOW and FAST..  
STILL the QUESTIONS are VAST..  
BUT it's a NEW LIFE I got..  
Something called SADNESS I FORGOT..!!  
Now I look FORWARD and never BACK..  
LIFE is all about to live,  
It took LONG but I learned to LIVE..!!  
U can't LEAVE anything, it will always come along..  
Everything is STILL at its place,  
Thoughts change with the SAME FACE..  
OPEN your EYES and SEE the WORLD..  
IT has much joy to get YOUR FACES .... SMILES..!!!!  
STAND on your FEET and RUN around..  
It's a GREAT DISTANCE of MILES..  
NEVER LOOK BACK, if it was DARK..  
LOOK FORWARD..  
AND HAPPINESS you will MARK..!  
LOVE is all around, so just FEEL..!!  
Once you find, ALL wounds would HEAL..!!  
WORLD is waiting for you,  
JUST STEP UP ONCE..AND LIVE IT..  
And LEAVING SORROWS BACK, JUST get out of it...!!!

- Ms. Namrata P. Ahuja

## LIFE AROUND THE FANS

*"We live from season to season,  
not year to year"*

- Fever Pitch

A bead of sweat broke out on his temple. His eyes were facing the sky, classical position of a thinker. He stressed harder as he was trying to remember the last of the invincible 11. "Ashley Cole" he said and let out a sigh. He had proved it. He was a gooner!! There are two kinds of people in this world. One who have given their hearts to football and the other who are unaware of a game in which 22 people run around a ball, with millions watching them; their breathing more coordinated than the participants of a yoga class. For it is impossible to know about it and not love it.

**Scene (i) - Arsenal vs Chelsea match is on TV and Arsenal just lost a chance to score.**

Person A - "OMG....it was so close"

Person B - "Yes"

Person A - "That person should have helped a bit.

Person B - (\*Staring uncomfortably at A\*) "He cannot help, he is the referee"

**Scene (ii) - Same match. The referee shows a multi-colour flag.**

Person X - (\*Disappointed\*) oh no!

Person Y - "What happened....what did this guy do?? He is being given 2 red and 2 yellow flags at the same time!

Person X- Ummm... that is the Offside flag dear.

Clearly person A and person Y belong to the latter category. Let's talk about the former class of people, who have greatly influenced my perception of the game; what it is like to live around them.



My first encounter with them was when I heard a group of 14 year old boys in my class discussing about the previous night's happenings. The only other time I had seen them so enthusiastic was when they were counting and comparing their facial hair (puberty you see). These people have varied physical characteristics, but almost all of them own a jersey of their favourite club. And on any random day they can be heard rattling off scores and possessions of a match. They might not remember when the world war ended or their girlfriend's birthday; but they know the entire schedule of the matches by heart. Their Instagram posts are of neon studs. They don't miss out on a chance to educate people that the proper name is 'Man United' and not 'Man U'. Manchester United fans are reported to go beetroot at the mention of 'Fergie Time' and their chest swells an inch wider subsequently. All football fans in India are nocturnal creature (for obvious reasons). And they are compulsorily a part of WhatsApp groups dedicated to football. After every match

heated debates take place, where they dissect every minute of the game. The seriousness of this can put the parliamentarians to shame.

On a lousy Sunday evening, I asked a few of them what football meant to their lives. One said football was his second love. The other said "its like rain on a sunny day" (attention people sunny days in Mumbai are known for their ability to turn people into melting popsicles). Yet others said that, "football is a stressful life, it changes your personality", "Its something I will love till my last breath". To sum it up one quoted Pele saying football is "The beautiful game".

I told a friend of mine that I wanted an Arsenal phone cover hearing which he asked me to marry him. He was just kidding of course, but you get the jest. Their passion is so contagious I am on the verge of writing essays on Sir Alex Fergusson and Arsene Wenger!!

P.s. This article is dedicate to that group of 14 year old boys and my almost favourite gooner.

- Ms. Yoshita Gowda

## A NOTE TO MY 30 YEAR OLD SELF

Perfectly manicured feet atop a vintage oak table, a glass of sangria in one hand and a dog eared Murakami lay on my lap as I witnessed the surreal sunset from one of the several whitewashed structures at Santorini. A soft exclaim escaped my lips as I glanced down at the endless blue waters and watched it go from azure to mauve to a brilliant orange.

The sound of my microwave brought me back to my senses. My afternoon reverie was interrupted by my impending reality. Mentally making a note to mark Greece on my calendar

in bold, I unwillingly trudged back to my chair with the Tupperware dabba of dal-chawal in my hand. "So, you're 30 now! I thought bitterly .Remember those grand plans of owning a penthouse by 30? Well you're still stuck in that one BHK from eons ago aren't you?"

Reminiscing my college days, I let my thoughts breathe. We were 20 something, getting a dental degree in less than a year, with the aspirations, grand plans and the zeal to succeed come-what-may. We were also clueless and plagued by doubt at the same time, brainstorming about future plans. Oh wait, I still have these prelims to give next week.Ugh. Should I just quit being a dentist and go into business? What about music? Oh Lord!! Cons class II patient exam due next week. Better start looking for a patient or



people will take a dozen backups and leave me with nothing. My better half still hasn't replied to the text I sent 15 minutes ago. He always does this. We need to talk. My music teachers is so cute. Yes ma'am I am coming for class today. CAN YOU NOT?! Stop asking me if I am on a diet. Can't you see the half eaten packet of chips sneakily hidden in my apron pocket? 1 kg more on the weighing scale this morning. God alone knows I will go from baby elephant to African elephant real soon. Wit, what book is she trying to hide from me? Two faced baboon said she has never even heard of it before! Yay! He replied. Turns out he was driving. Oops sorry. So my plans to study today failed again. Chalo, let's go to try out that new joint at Colaba. Too far buddy too far. Rehearsals at six pm , gym at 8 plus case histories , journals, birthday gift for friend, university form submission , viva preparation all due for tomorrow. I think I should just take a nap instead.

My current state of mind completely dissociated me from the present. My past image and present were poles apart. I am not where

I want to be but I am getting there. I have a postgraduate degree, a clinic , and apartment albeit not swanky. I've stuck to my passion for music though not a world famous singer yet and the feathers are gradually getting added to my cap. Still stuck with boring dal chawal when I want pizza. All the incidents which bothered me previously are of no consequence to me now like being lied to and let down by people , that extra kilo on the weighing scale , not getting a reply soon , not being able to go partying on a Friday night.

We are all a work in progress, in doubt, worried, burdened with our own aspiration and those by family. We are uncertain about the future yet have hopelessly romanticized it. We are the future doctors of this nation and will provide a great service to mankind; healing people. I have come to realize that is as important as owning the objects of your dream. It is a battle worth fighting in for the larger good.

*"Heal the world, make it a better place, for you and for me and the entire human race"- MJ*

**- Ms. Visalakshi Sivaraman**

## LIFE'S TRUE HERO

Who is a true hero?

Not only the one who always climbs success ladders;

But the one who never quits after many failures.

Not the one who always runs for wealth;

But the one who takes care of health.

Not the one who works only for fame;

But the one who works without displaying name.

Not the one who just looks beautiful;

But the one who is more dutiful.

Not the one who is always competitive;

But the one who is more co-operative.

Not the one who can focus only in silence;

But the one who never gets distracted by any violence.

Not just a film hero who does dramatic action;

But the one who sacrifices life for nation.

Not the one who gives us life;

But the one who saves our life.

Not the one who wants just money, fame, power and success;

But the one who knows the value of humanity, peace and happiness.

**- Ms. Nilam Thombare**



## યોગ અને પ્રાણાયમ

સફળતાપૂર્વક જીવન જીવવા માટે શરીર અને મનની સ્વસ્થતા ખૂબ જરૂરી છે. ઉણોદરો તપ કરવું (ભૂખ હોય તેના કરતા ઓછું ખાવું) અને ભૂખ લાગે ત્યારે જ ખાવું એ આર્યુવેદ અનુસાર શરીરને સુખરૂપ રાખવાનો પાયાનો સિદ્ધાંત છે. સાથે સાથે પ્રાણાયમ અને યોગ એ આપણા શરીરની શુદ્ધિ અને માનસિક શાંતિ માટે ખૂબ જરૂરી છે. તેનાથી નીચેના લાભ થાય છે :

- પાચનતંત્ર વધુ ક્રિયાશીલ બને છે અને પેટ સંબંધી ઘણા રોગો દૂર થાય છે.
- શરીરની સ્થૂળતા ઘટે છે, અસાધ્ય રોગોમાં પણ પ્રાણાયમથી થતા ફાયદા જોવા મળે છે.
- રોગપ્રતિકારક શક્તિનો વિકાસ થાય છે.
- વાત, પિત્ત તથા કફ ત્રણેય દોષોનું શમન થાય છે.
- યાદશક્તિ વધે છે.
- મન સ્વસ્થ અને શાંતિ મળે છે.
- આખો દિવસ શરીર સ્ફૂર્તિમાં રહે છે.
- કાર્ય કરવાની ક્ષમતામાં વધારો થાય છે.
- હકારાત્મક વિચારોથી મન ભરાયેલું રહે છે.
- ચહેરો તેજસ્વી બને છે.
- શરીરમાંથી વિજાતીય તત્ત્વોનો નિકાલ થાય છે.
- રિપ્રેશન આપણાથી દૂર રહે છે.

ભસ્ત્રિકા, કપાલભાતિ, ત્રિબંધ, અનુલોમ-વિલોમ, ભમરી વગેરે પ્રાણાયમ કરવાથી આટલા બધાં હોય, તો તમને નથી લાગતું કે આ નવા વર્ષથી આપણે યોગ અને પ્રાણાયમ કરવાનો સંકલ્પ કરવો જોઈએ ?

- Ms. Shalu Shah

૨૦ મુદ્દાનો કાર્યક્રમ : અર્થાત ૨૦ સોનેરી તથ્યો,

જે વડે આપણી જીંદગી સુંદર અને ડહાપણભરી બનાવી શકાય.

૧. બધું જ મળશે, પરંતુ વહી ગયેલો સમય ફરીથી નહિ મળે.
૨. આત્મવિશ્વાસ કેળવવાથી કદી ચિંતા નહિ સતાવે.
૩. કોઈપણ કામમાં ઉંમર આડી આવવાના બહાના વ્યર્થ છે.
૪. પ્રેમ અને સંબંધો જીંદગીને સુંદર અને સુદૃઢ બનાવે છે.
૫. “ સ્વ ” ની કિંમત ઓછી ન આંકવી, હીન-ભાવ કદી ન કેળવવો.
૬. ઘેવા કરતાં દેવામાં વધુ આનંદ છે.
૭. હાસ્ય એ શરીર નુ સ્વાસ્થ્ય છે અને વ્યક્તિત્વનો શણગાર છે.
૮. આર્થિક સંપત્તિ વિણા પણ સમૃદ્ધ બની શકાય, દૃષ્ટિ હોવી જરૂરી છે.
૯. પરિવર્તન સમાજ અને પ્રકૃતિનો નિયમ છે તેને સમજવો.
૧૦. નિષ્ફળતા માટે બીજાને દોષ ન દેવો, સ્વ નિરિક્ષણ કરવું.
૧૧. સાધનાને પોતાની સુગંધ હોય છે, અર્થાત શક્તિ હોય છે.
૧૨. આધિ-વ્યાધિ-ઉપાધિ જે હરી લે તે હરિ.
૧૩. જ્યાં વિરોધ હોય ત્યાં બોધ શક્ય નથી. બોધમાં વિરોધને સ્થાન નથી.
૧૪. ગુરૂ શિષ્યને ચશ્મા ન પહેરાવે પરંતુ તેની દૃષ્ટિ બદલાવે.
૧૫. પુસ્તકમાંથી પામેલું વાંચન જીવનમાં ઉતારે એજ ફળ-શ્રુતિ.
૧૬. ઈશ્વર સર્વત્ર છે બસ તેના અસ્તિત્વના સંકેતો ઓળખવા પડે.
૧૭. આપણું હિત થવાની ઘડી ઈશ્વરે નક્કી કરી રાખી છે, ધૈર્ય અને શ્રદ્ધા રાખો.
૧૮. કોઈની ભાવનાઓ તથા આશાઓ સાથે કદી રમત ન રમવી.
૧૯. પ્રતિકાર હોવાની શક્તિ હોવા છતાં જે સહન કરે તેને ધન્ય છે.
૨૦. ભરોસો જો સ્વયં પર રાખશો તો તાકાત બનશે અને બીજા પર રાખશો તો કમજોરી બનશે.

- Ms. Riddhi Chouhan





**Perfect Albeit With Imperfections!**

**#Snapchatters**



## ❖ MUHS Summer May 2015 Examination:

- Toppers:

Rank	Name Of The Student
1	Priyanka Patil
2	Nehal Mokashi
3	Pratima Kolekar

- Subject Toppers:

Subject	Name Of The Student
General Pharmacology	Heena Dodoja
General Physiology & Biochemistry	Dhwani Doshi
Dental Materials	Mili Mehta
Preclinical Conservative	Pooja Bhargare
Preclinical Prosthodontics	Priyanka Patil

## ❖ MUHS Winter November 2015 Examination:

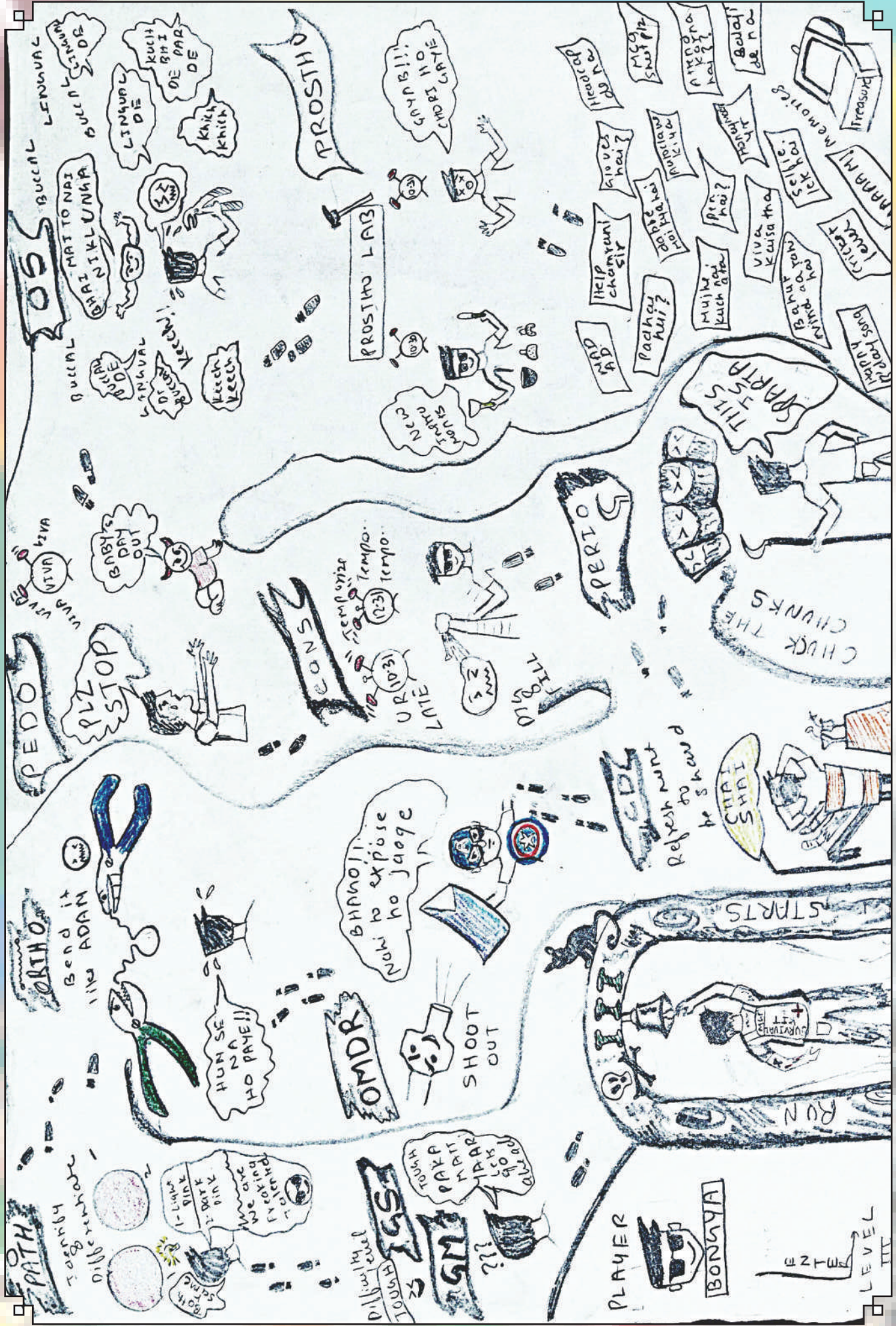
- Toppers:

Rank	Name Of The Student
1	Anjali Verma
2	Chinmay Powale
3	Ekta Bodalia

- Subject Toppers:

Subject	Name Of The Student
General Pharmacology	Anjali Verma
General Physiology & Biochemistry	Sayali Patil
Dental Materials	Chinmay Powale
Preclinical Conservative	Anjali Verma
Preclinical Prosthodontics	Chinmay Powale







## I DND – DAY OUT

**O**n a lazy Saturday afternoon (luckily a holiday in college), I was lying on my bed, haunted by thoughts of getting my Perio case histories discussed, my Pedo journal corrected and completing my O.Path diagrams. Someone, suddenly whispered in my ears, “I want to buy shoes”. I immediately sprang up from my bed, delighted, as though all the stress of my life had vanished in a moment and said, “Ok Dad! I’m in. Let’s go to Vashi”. (This is for those who wonder why will anyone go to Vashi for shopping..... I am a proud Navi Mumbaikar! Three malls in Vashi are enough to shop for the world.)

My dad, happier than I was, jumped with joy that I immediately gave in to the idea. It was 5 in the evening; he said we leave by 6 and left the room to have his dose of coffee. I lazily got up, went to the other room to see my mom getting ready for her kitty party. This meant that dad and me were left alone to party... hehehe! I freshened up, opened my wardrobe and a pile of clothes fell down; I instantly imagined the curses my mom would pile on me, if I did not clean up this mess. I picked up two new tops from the pile and stuffed the rest back into the wardrobe. I wore the first one, a bright mango colored top, went out to show to dad. “How is this looking?” He eyed me from top to toe, asked me to turn twice, “looks great, but wouldn’t you sweat in this?” I said, “No, that’s alright, this should be good” and went back in again. Oops! I threw the top and decided to wear the other one. Many girls may relate to this, we ask something and land up in doing the opposite. It was 6 already, I was nowhere near ready. As always, dad was promptly ready and kept calling out my name every 30 seconds. I peeped out and said, “What’s the hurry? We are just going for a casual outing, have patience.” He did the typical ‘dad thing’; “but you have to fix a time so we can leave. Your goals in life have to be SMART.” I rolled my eyes and said “6.30!”

Atlast I got ready, went to the drawing room and immediately exclaimed, “Dad please change your clothes, wear something more funky!” I am very conscious what my parents wear when they are with me. He silently went to his room, asked me what to wear and changed to a pair of blue jeans and a black tshirt. Now that he complied with my requirements without sulking, I felt guilty of making him change. We finally left for Vashi in the car. I asked him to take the longer route through Palm Beach road. We discussed about a lot of things on the way ranging from lack of civic sense in common man, the Murphy’s Law to Arvind Kejriwal (that’s our favorite topic). This reminded me of my childhood days when dad used to take me out to the banks every Saturday, albeit for just updating the passbook. We used to spend the whole day together eating, sleeping and watching Tom & Jerry. Nostalgic, as I was, I told dad that we should go often for such outings, just the two of us.

We parked the car in the basement of Inorbit and straight into the BATA showroom. There a young salesman welcomed us and dad was already ready with his specifications. The guy smiled and showed us a few models. I walked ahead to see more. The guy helped dad to try the shoe. Dad whispered, “This is the first time we are able to get their attention to serve us. Maybe the jeans and black tshirt...” I giggled.

We walked out an hour later, carrying a pair of formal shoes, walking shoes and casual floaters, all for dad. I teased him that it is Diwali for him. Technically, our main goal for the day was achieved. But how can one leave the mall without spending extra bucks, particularly when mom isn’t around. Dad followed me silently to the cosmetic section. The saleswoman was joyous to see a customer and enthusiastically started applying testers on my hand, much to the amusement of dad. She smeared 5 colors of lipstick. I asked for dad’s opinion. He took 2 minutes, analyzed each one under the light and suggested cappuccino brown. I should say, I am lucky in this aspect; dad has great choices



and importantly great interest in shopping even girly stuff. Often, his choices for clothes for mom and me are better than our own. Maybe, that's the benefit of being the only daughter; dad becomes everything for you, a caring father, a true friend and an understanding boyfriend. The saleswoman caught back my attention by re-iterating their offers. Dad removed his wallet and said, "Please don't tell your mom the cost in the interest of domestic harmony!" I laughed and remembered having similar such fun since my childhood days. We also were, and still are, big time foodies. 15 years back, in Pune, we went to DOSA DINER and tried 'Hat Dosa' that was rolled in the shape of a cone. At that age, the shape was more attractive to me than the taste.

I snapped out of the thought, when dad said, "Help! Help! My feet are dragging me towards Starbucks!!" This is a family tradition starting with my maternal grandpa. My family is a coffee buff. They have to drink Filter Kapi often and this is something which my grandpa would never hesitate to sponsor. So, we went inside and settled down in a cozy corner. He had his regular cappuccino (no wonder he chose the same

colored lipstick!!) and I opted for a chocolate mocha. I was pleasantly surprised when he asked me to go for a selfie. I instantly took out my phone realizing that we had forgotten about the phone for more than two hours. This only meant that we enjoyed and spent quality time.

We saw a small girl in the adjacent table. It was dad's turn to get nostalgic, "You were a very well behaved kid, very cute and mature, never cranky, ever smiling..." I blushed. "You used to order for cheese cherry pineapple when you were 4 years old when I used to take you along for dinner with colleagues and friends."

I thought to myself, spending time with our loved ones bring in relaxation. Small times spent with them create great memories. Dad and I are each other's cheerleaders. I said, "It was a great evening, Dad. We must go out more often." He smiled and that was very satisfying for me. We left the mall and drove out.

I decided to share the experience of this memorable evening and wrote this Dad and Daughter (DnD) – Day Out

- Ms. Aishwarya Nagarajan

## WORDS

There is this weird thing about words,  
They make you want to sing and dance all around;  
and swipe your feet off the ground,  
They get you drunk and make you high as if taking you on cloud 9,  
They touch your heart like the falling snow and comfort your mind like never before,  
They make you want to live and love and twist and turn,  
for today ain't gonna return,  
And then, They make you sad depressed and hurt, only to make healing more difficult,  
They give you a feeling of sink for the heart seems heavy and alas that throat with the lump,

They make you feel like a dried summer leaf, fleeing with the flow, dont know where to go,  
They leave you angry, dejected and heart broken only to make you hate your existence for the rest of the day,

They dig you deep and hurt you hard only to make your wanna to die, a bit more everyday,  
And it's so funny, how who says what affects us a lot,

For if these lifeless lil words have the power to make, they have it so also to break.

- Ms. Shweta Thakkar



## FEMINISM

What is feminism?

Feminism

/ˈfɛmɪnɪz(ə)m/

Noun

The advocacy of women's rights on the ground of the equality of the sexes; says oxford dictionary.

Since a long time ago, women have faced oppression, termed 'the weaker sex', their sole purpose of life made out to be toiling and birthing another life. They are not to meddle in other affairs, matters of men; the bread earners, the masters of the house. This mostly was the norm in earlier times. Thankfully, the picture is starting to change today, right. Or is it?

Women are expected to be great cooks, great at house chores, be able to handle demands from a large family as well. Women belong in the kitchen, some say. Yes, they do. Men do too. Everyone belongs in the kitchen. Kitchen has food. Everyone should be self-sufficient enough to whip themselves up a decent meal anytime. Men used to be the sole bread earners of the house. But now women earn too. Stepping into every field known to humankind, 'the weaker sex' has seized a place for themselves too. And this is a good thing too. The walls of the patriarchal stronghold are beginning to crumble. Feminism indeed has helped women in a good way. But as every coin has two sides, let's talk about the other side of feminism.

In all this hullabaloo of women rights and alleviating oppression of women, we have forgotten one important group: Men themselves. Men have their share of issues too. Men always have to live up to impossible

standards too. They are expected to always provide for their entire family, always handle all the financial matters and always be brave. What if a guy is scared of cockroaches? No can do. He can't even be afraid due to the fear of being perceived as 'less than a man'. What an irony. One of the most vile things men face is false accusations. While it is a boon for actual victims, if falsely accused, a man will lose everything. His name, his honor, his place in the society, all of it regardless of him not being guilty. And sometimes, men are victims too. But even speaking out about it is a difficult matter for some. We cannot only advocate women's rights. We have to look out for all humans. The word 'feminism' itself strikes a wrong chord. We should not want women to rise above and rule over men. We should want everyone to be equal. Be aware of both the sides of an issue. Only everyone together can make this happen.

So in conclusion, I'd say, I am not a feminist. I am an equalist.

- Ms. Deepti Jawale

**Eat less CRAP:**  
**C** - carbonated drinks  
**R** - refined sugar  
**A** - artificial sweeteners & colors  
**P** - processed foods

**Eat more FOOD:**  
**F** - fruits & veggies  
**O** - organic lean proteins  
**O** - omega 3 fatty acids  
**D** - drink water



MAHATMA GANDHI MISSION

# MGM DENTAL COLLEGE AND HOSPITAL



**One Step Closer!**  
**#Facebookers**



## ❖ MUHS Summer May 2015 Examination:

- Toppers:

Rank	Name Of The Student
1	Shaili Mehta
2	Madhavi Shinde
3	Rishabhkumar Jain

- Subject Toppers:

Subject	Name Of The Student
General Anatomy	Shaili Mehta
General Physiology & Biochemistry	Madhavi Shinde
Dental Anatomy And Histology	Tabitha Dias

## ❖ MUHS Winter November 2015 Examination:

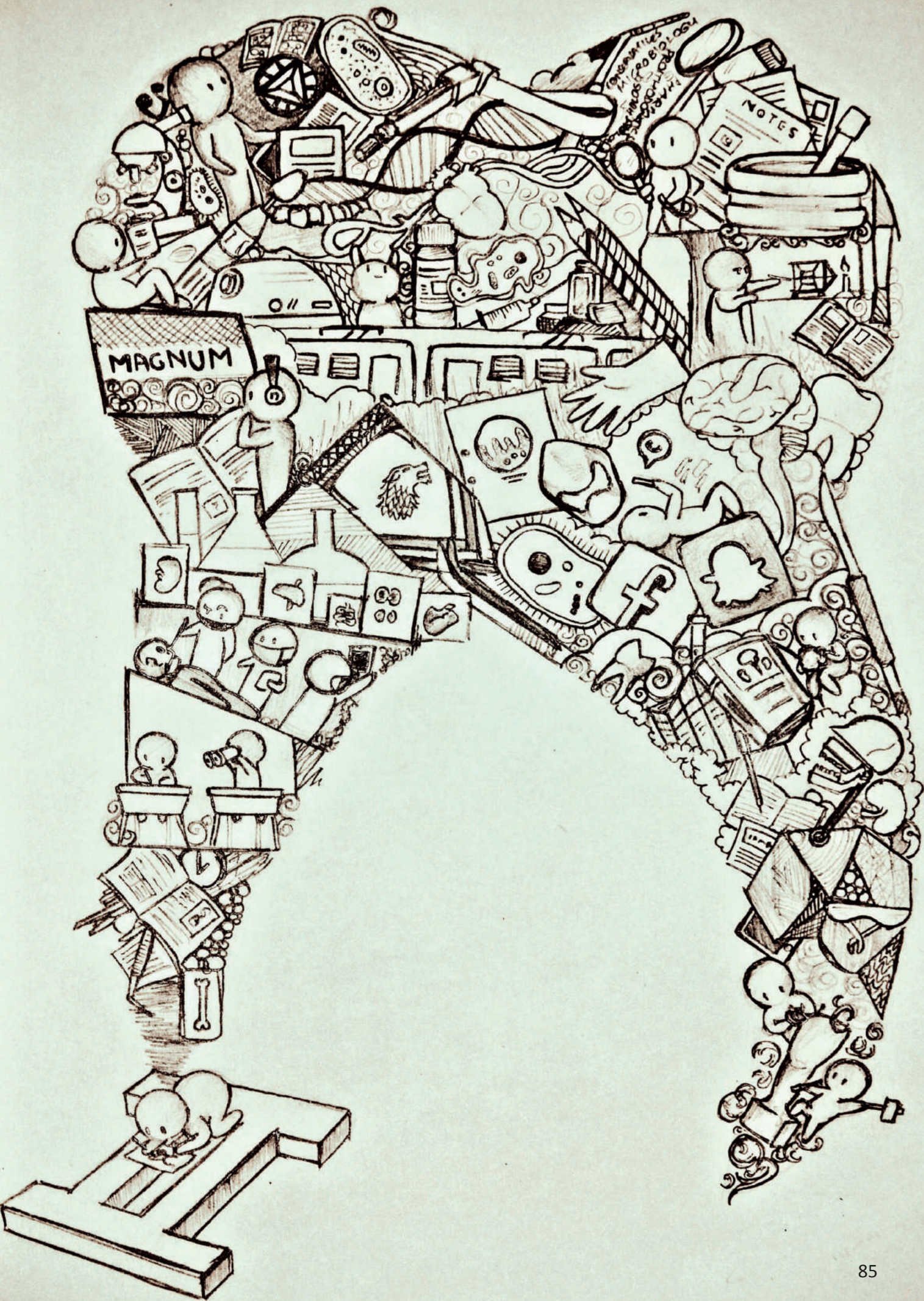
- Toppers:

Rank	Name Of The Student
1	Swarup Patil
2	Snehal Rathod
3	Priya Patil

- Subject Toppers:

Subject	Name Of The Student
General Anatomy	Priyanka Jade
General Physiology & Biochemistry	Snehal Rathod
Dental Anatomy And Histology	Priyanka Jade





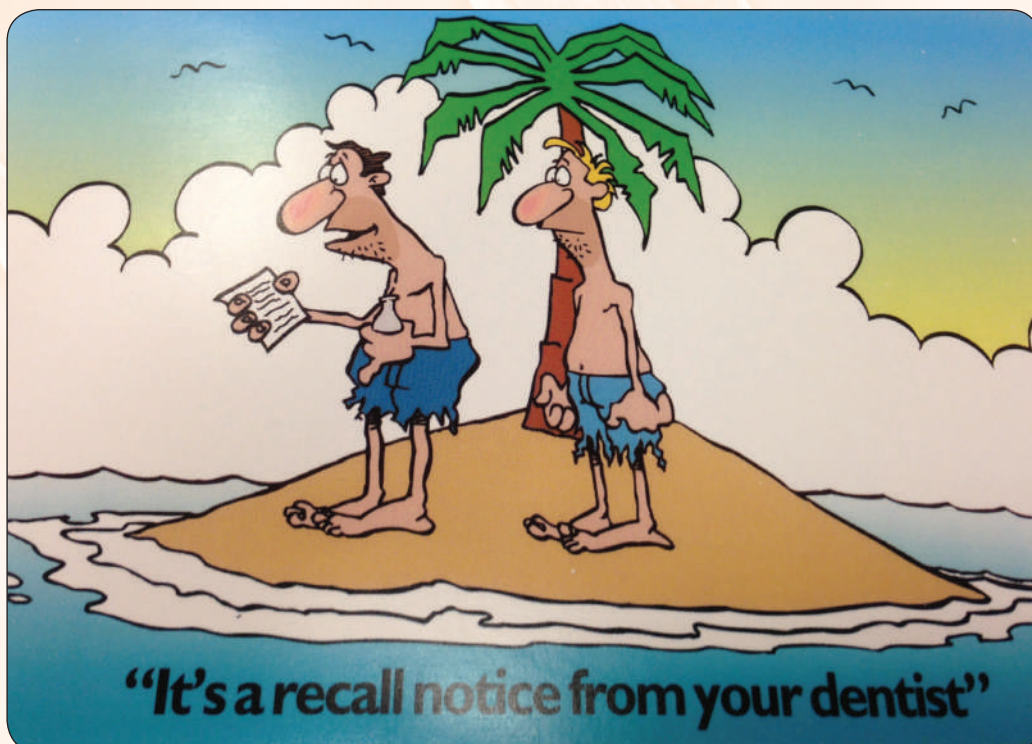


## RISING AURORA

As she chased her dream, with everything she had got,  
Suddenly in a whirlpool was she caught!  
In the darkness where anybody could die,  
Her heart pouring , streaming down her eye!  
OH! How the truth of the world is ugly,  
For she realized, they all stay and talk rudely,  
While she was blooming amateur and naively!  
This world is fake and strange,  
Where height of lies has no range!  
Life raced against her to get her down,  
But she didn't allow herself to frown!  
All of which besieged her with dark,  
But the demons could not suck her heart!  
Of all the Galaxies, she could just have a few stars,  
But they were enough to strengthen her,

To rebel against the world at wars!  
Then there was a clear spring of feeling,  
But she could not understand what it was dealing!  
A small spark turned fire in her heart,  
She broke open her cocoon, but it was just a start!  
Never underestimate one will power,  
For it gives us the strength to climb the dream tower!  
That day she looked beyond the world of darkness,  
Only to discover the Universe, filled with brightness!  
The world that abandoned her while she was falling,  
Loved her suddenly, when The Aurora was Rising!!!

- Ms. Gargi Birje



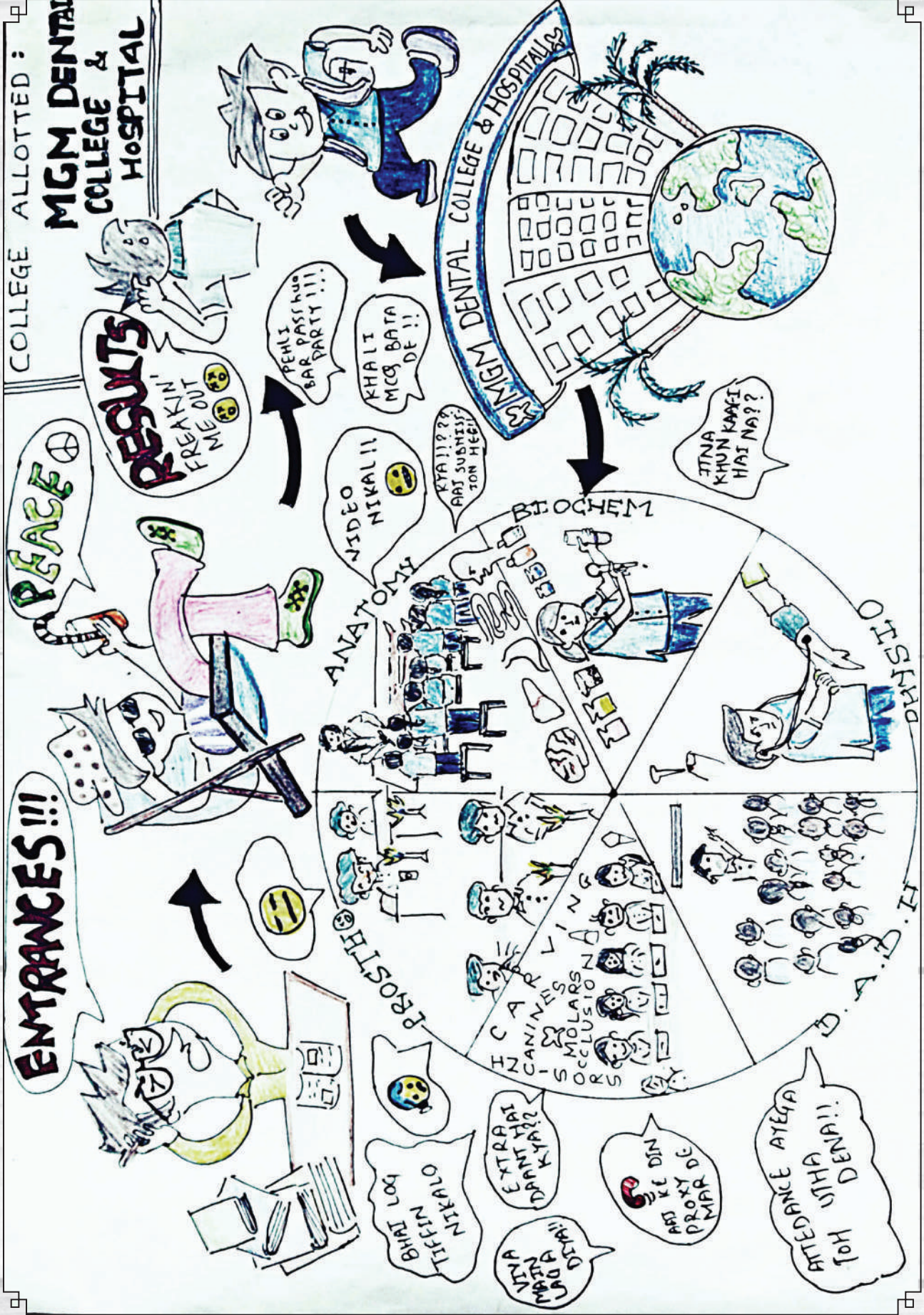




**It's A New Life, New Beginning!**  
**#YouTubers**



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HOSPITAL**





## Chasing the Sun

Hey! Hey! Wait a minute I hope you are not out of your door,  
with tied up shoe laces for “really chasing the sun”.

O come on champ be a little unpractical.

Just be honest and tell that; are you happy or rather satisfied with yourself?

Answer to this question is rarely a yes.

But it does not mean it won't ever be 'yes'.

Every living fellow on this planet has an immense power to be what it wants to be, including you.

But the difference is some are confused “what's my destiny till the end” and some “how do I get there”.

About destiny.....where there is interest passion is born and destiny is nurtured, and that of course differs from you to me.

But talking about the path; it has some common rules and formulaes,

Rules are voluntary but formulaes,

Here's one of them.

What cannot be measured cannot be monitored,

What cannot be monitored cannot be controlled,

What cannot be controlled cannot be directed,

What cannot be directed cannot be changed,

What cannot be changed can't progress,

And if it's not progress it's not growth,

So that's, a good idea!

Take a pen and paper, and start a chase!

- Ms. Chandani Bhanushali

## आर्जव

नको नको रे पावसा  
असा धिंगाणा अवेळी  
घर माझे चंद्रमौळी  
आणि दारात सायली.

तेव्हा कशी सर रिमझिम बरसायची, वनराई बरोबरच मनामानांना चिंब करायची. गवताच्या पातीवर अन् पक्षांच्या पंखांवर, गावाक्षाच्या काचेवर अलगद थेंब बिलगायचे, नखशिखांत भिजवून जायचे. म्हणूनच इंदिरा संतांनी इतक्या सुंदर शब्दात पावसाला विनवणी केली असावी! पण आता न भिजलेल्या काचा, न घट्याकडे परतणारे पक्ष्यांचे थवे, न भिजलेली गवताची पात, न चिंब झालेली वनराई. असे असताना मन तरी कसे चिंब होईल? मनातल्या मनातच पाऊस अनुभवावा लागतो आजकाल. पण ते ही किती काळ? ह्या कल्पना विश्वाची परिसीमा ओलांडली की दिसते कोरडी पडलेली जमीन, सुकलेली माती, रणरणते ऊन आणि भेगा पडलेले नशीब! विहिरीचं आटलेलं पाणी, नदीचं सुकलेलं पात्र आणि पाण्यासाठी मैलोनमैल करावी लागणारी पायपीट! ही कुठलीही अतिशयोक्ति नाही, हेच वास्तव आहे आज महाराष्ट्राचे. काही गाव आणि मोजके शहर सोडले तर इतर भागात हेच दृश्य पाहायला मिळते. ज्या काळ्या मातीत सोनं उपजतं, पीक वाऱ्यावर डुलतं; ती आता अगदी कोरडी पडलेली दिसते. जिथे शेताने शिंपलेली पायवाट आणि आभाळाचा मायेचा हात असायला हवा तिथे जमिनीची दयनीय अवस्था आणि उन्हाचे भयाण रूप दिसते. अशातच मग शेतकऱ्यांच्या आत्महत्या! अन्नदाताच असा हताश झाला तर राष्ट्राचे काय? त्यात चिमुकल्यांनी उपासमारीमुळे गमावलेले जीव. अशा वार्ता तर काळीज भेदून जातात. अनेक निष्पाप जीवांशी खेळणारा हा दुष्काळ अजून किती अंत पहणार? पण विचार केला तर आपणच कारणीभूत आहोत ह्या परिस्थितीसाठी. पाण्याचा कितीतरी अपव्यय आपण कळत-नकळत करत असतो. पाऊस पडण्यासाठी ज्या हिरव्या संपत्तीची गरज असते त्याची रोजच लूट होताना दिसते. त्या जागी उभे राहते कॉंक्रीटचे जंगल. जर झाडंच राहिली नाहीत तर पाऊस तरी कसा पडणार? वाढते प्रदूषणही त्यासाठी काही अंशी जबाबदार आहे. पूर्वी जल कलशात पूजायचे त्यामुळे त्याचे महत्त्व अवगत होते. पण नळ संस्कृती आल्यापासून पाण्याला तेवढा मान राहिलेला नाही. हे सगळे बदलायचे असेल तर जलनियोजन करणे आवश्यक आहे. झाडांची लागवड, संगोपन व रक्षण केले पाहिजे. समुद्राच्या पाण्यावर प्रक्रिया करून ते पिण्यालायल केले पाहिजे. तसेच शेतकऱ्यांनी कशाची पेरणी करावी हे पाहणे गरजेचे आहे. जसे की भरपूर पाणी खाणारा ऊस टाळलेला बरा. पावसाचा थेंब अन् थेंब साठवला गेला आणि प्रत्येकाला आपल्या जबाबदारीची जाणीव झाली तर ह्या दुष्काळरूपी राक्षसावर आपण सहजपणे मात करू शकतो.

खूप झाली रडगाणी  
आता उभे राहूया.  
चहुकडे हिरवेगार  
झाडांचे इमले बांधूया.  
अरं गड्या, तू पाण्याचा  
थेंब अन् थेंब साठव.  
वरुणराज, प्रसन्न हो रे  
एक आमचे आर्जव.

- Ms. Sukanya Sawant



## NON VIOLENCE

If I close my eyes and visualize the glory of our society in the days gone by, I am dumbstruck by the sheer advancement our society has made in the past few years; and when I scour around for the culprit, only word comes to my mind – ‘Ahimsa’.

According to Gandhiji, non-violence means the greatest love, the greatest charity. It binds us to one another and to God. He further says that Ahimsa and love are the same things. He expects from us to be non-violent physically and mentally. Violence should be rooted out from the mind itself.

Yet, not to resort to non-violence doesn't mean not to oppose wrongs. Gandhiji urges us to oppose evils, but with non-violence. We must oppose the evil, not the evil-doer. This requires bravery. Non-violence can be practiced in its true sense only by the bravest. In broader view, it is an active belief in the force of love and truth, which is God's spirit in each of us. It requires a prayerful disarming of and non-cooperation with all forms of humiliation, violence and hatred.

Such a view of non-violence really shifts our focus from the political arena where we are most accustomed to thinking about non-violence to our daily life and our relationships with our family and all those who we perceive to be our opponents.

Gandhiji says, ‘Strength doesn't come from physical capability, it comes from an indomitable will.’ Therein he found his own strength, and there he exhorted others to look for theirs. He also says, “With satya combined with ahimsa, you can bring the world to your feet.” Non-violence is not a cloistered virtue to be practiced by the individual, for his peace and inner salvation, but it's a rule for the society. To practice non-violence in mundane matters is to

know its true value. It is to bring heaven upon earth.

Ahimsa is not a crude thing it has been made to appear. Not to hurt any living thing is no doubt a part of ahimsa; but it's a least expression. Non-violence in its dynamic expression means ‘conscious suffering.’ It doesn't mean to meekly submit to the will of the evil doer either.

Non-violence is like radium in its action. An infinitesimal quantity of radiation embedded in a magnificent growth acts continuously, silently, and ceaselessly till it has transformed the whole mass of diseased tissue into a healthy one. Similarly, even a little of true non-violence acts in a silent, subtle, unseen way and leavens the whole society.

So, may we as the MGMites, the future of this country, be instrumental in injecting the spirit of non-violence in this society. Let we, who believe in non-violence as the only method of achieving real freedom; keep the lamp of non-violence bright in the midst of the present impenetrable gloom.

- Ms.Ashley George



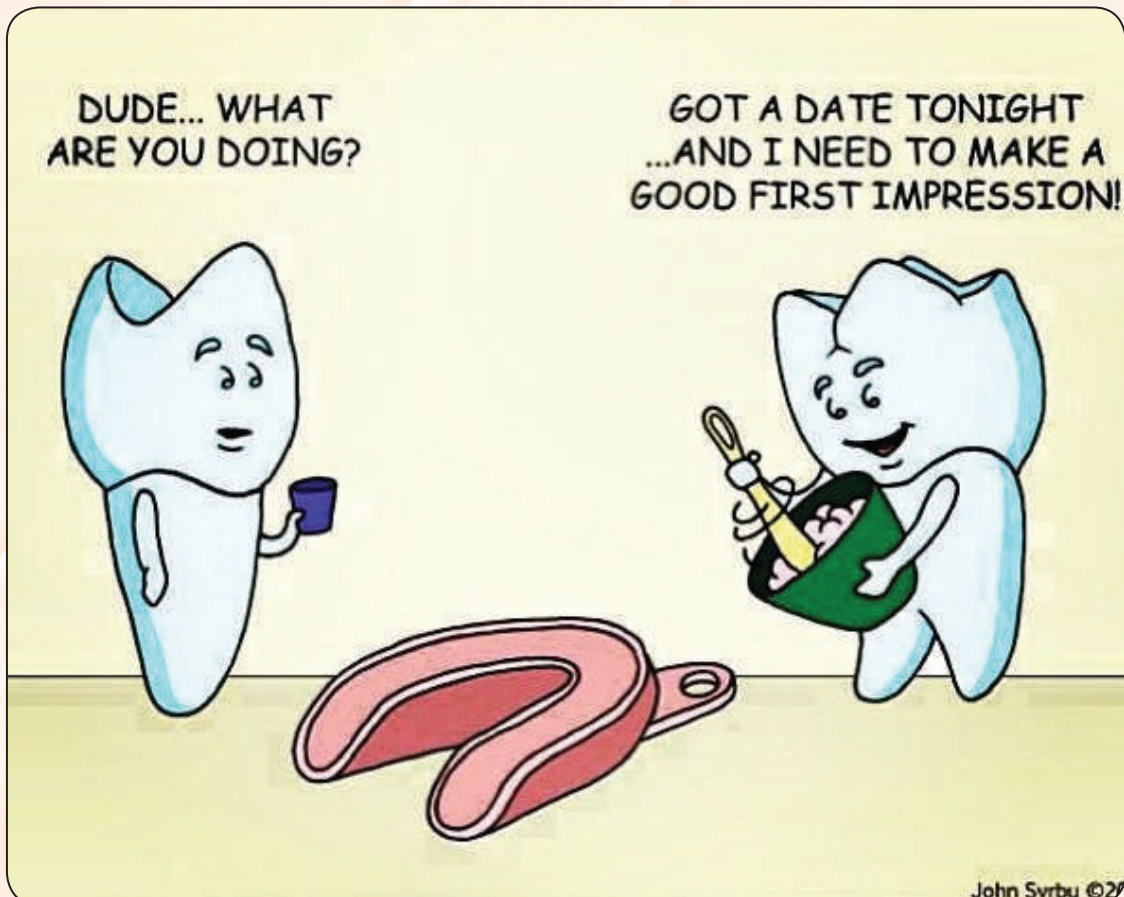


## NON-VIOLENCE – A WAY OF LIFE

To the masses,  
Who read the newspaper everyday,  
Aren't you aware,  
of the violent acts that they display?  
If yes,  
Don't you feel like putting a stop?  
So you don't have to give the common  
explanation,  
Which is a real big flop!  
If we want to stop it,  
We have to start from changing ourselves;  
By saying no to aggression,  
And breaking the place of ego in our heart's  
depth.

To the masses,  
Who are involved in violent acts;  
Think of your own families,  
Who are facing trouble because of your evil  
motives and facts.  
To those who are aggressive towards girls,  
Try to think of them as your own sisters and  
mothers;  
So that you can light your own heart with  
humanity,  
And behave as their real sons and brothers.  
To all those who love peace,  
Try to work towards a common goal;  
Saying no to aggression,  
And giving rest to Gandhiji's principles and soul.

- Ms. Maitry Shah







# MISCELLANEOUS



## ANAGRAM : CITIES OF INDIA

1. raag
2. emaadabdh
3. anagrellob
4. pblhao
5. ihracngdah
6. nhieacn
7. tiaemrcoo
8. vlibidmo
9. gnguoar
10. ydrhadbea
11. prijau
12. otkakal
13. zkioekdho
14. uiambm
15. grnuap
16. wne hilde
17. iaond
18. rpipmi
19. iwhdchnac
20. npeu
21. jkoart

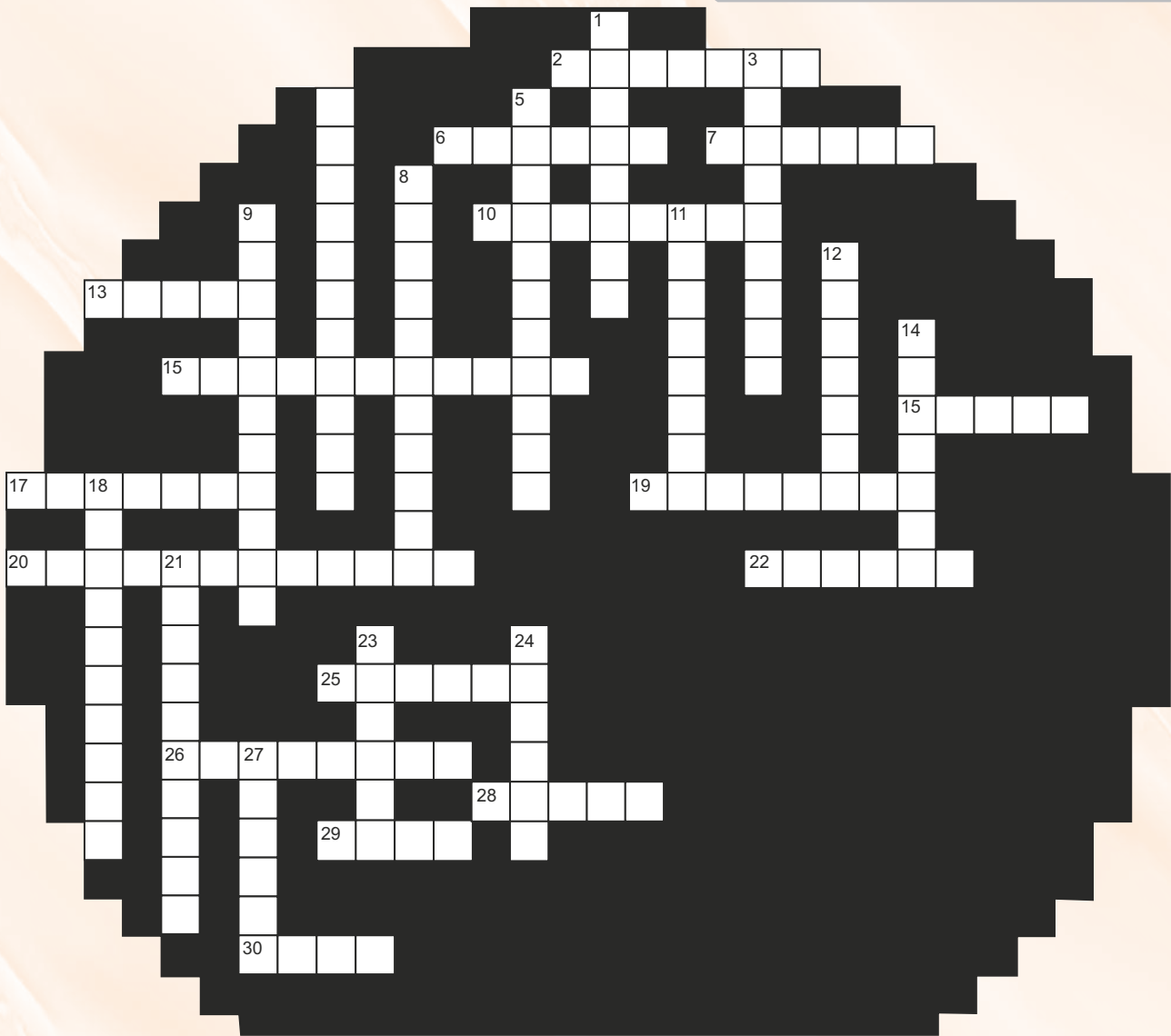
Chinchwad, 20. Pune, 21. Rajkot  
16. New delhi, 17. Noida, 18. Pimpr, 19.  
13. Kozhikode, 14. Mumbai, 15. Nagpur,  
10. Hyderabad, 11. Jaipur, 12. Kolkata,  
7. Coimbatore, 8. Chennai, 9. Gurgaon,  
4. Bhopal, 5. Chandigarh, 6. Chennai,  
1. Agra, 2. Ahmedabad, 3. Bangalore,

Answers :

- Ms. Prachi Kumbhar







## Across:

2. World's earliest university
6. First 70mm film to be released in India
7. Classical dance form of India that originated from story-tellers
10. The Bird Man of India
13. This Indian city was known in history by several names like Kusumpur, Pushpapur and Pataliputra.
15. Father of Modern dance in India
16. Indian state that represents the remains of the ancient kingdom of Kamrupa
17. First talkie film to be produced in India
19. Mother of all languages
20. Legendary exponent of Kirana Gharana who was conferred with Bharat Ratna in 2008. He died in January 2011.
22. This religious sect's spiritual leader celebrated his 101st birthday in March 2012.
25. Ancient Indian university whose students included people like Kautilya, Panani and Charaka.
26. Maharashtra's New Year day.
28. Place described as the Queen of the Arabian Sea.
29. Language used in ancient Buddhist literature.
30. City established by Allauddin Khilji that existed near the present old Delhi.



## Down:

1. 24th tirthankara of jains.
3. Generic term used to describe languages such as Tamil, Telugu and Kannada
4. Designer of the marvellous city of Chandigarh
5. Annual festival held at anandpur sahib in Punjab
8. The flying Sikh
9. Highest civilian award of government of India
11. Earliest school of medicine known to humans
12. The game of modern polo is said to have originated in this Indian state.
14. 1st month of India's national calendar
18. This cricketer is described as Jumbo
21. Policy of passive resistance adopted by Mahatma Gandhi
23. This person's effigy is burnt all over India during dussehra festival
24. Parsi New Year
27. Early talkie film that established the legendary career of K.L.Saigal

- Ms. Prachi Kumbhar

## WORD SEARCH

J	C	I	Z	E	U	N	A	L	K	O	H	D	R	W	C	G
Y	X	H	V	W	A	H	T	A	R	A	P	B	V	C	T	P
J	V	N	A	A	J	H	W	T	D	T	F	D	A	A	L	E
D	H	Z	T	A	D	O	P	A	D	N	D	P	G	F	S	I
M	F	V	H	Z	T	V	I	R	U	P	L	E	H	B	M	B
C	H	U	T	N	E	Y	I	J	S	S	A	M	O	S	A	A
H	C	T	Y	P	S	S	W	H	X	Y	L	C	B	P	S	B
K	X	H	F	Y	A	M	A	Q	C	Y	H	V	I	Y	A	A
A	R	W	V	N	I	H	A	Q	U	A	B	A	R	P	L	K
C	G	C	N	R	C	D	A	P	K	B	S	P	Y	D	A	S
H	U	A	O	L	C	M	R	L	P	A	N	A	A	L	A	A
U	E	O	U	H	J	A	I	O	I	A	A	D	N	M	S	W
M	P	K	O	A	B	N	M	J	W	P	A	A	I	Y	O	H
B	L	L	R	M	R	P	A	H	R	G	N	V	H	R	D	K
A	E	I	A	O	T	H	P	K	H	A	K	R	A	R	O	U
R	S	S	R	K	B	P	U	L	A	O	A	P	X	U	I	M
D	G	I	T	A	P	A	H	C	E	F	M	K	B	C	Q	E

APPAMS	BHAJIAS	BHELPURI	BIRYANI
CHAAT	CHAKLI	CHAPATI	CHIVDA
CHOLE	CHUTNEY	CURRY	DAAL
DHOKLA	DOSA	KABAB	KACHUMBAR
KHAKRA	KULCHA	MASALA	MUKHWAS
NAAN	PARATHA	POORI	PULAV
RAJMA	SAMBAR	SAMOSAS	VADAPAV





**Answers :** 1. Dr. Sujeeet Khiste 2. Dr. Sabita M. Ram 3. Dr. Mohit Bodhwani 4. Dr. Jigna Pathak 5. Dr. Sankalp Bhandarkar 6. Dr. Girish Karamdikar 7. Dr. Kartik Poonja 8. Dr. Lareesh Mistry 9. Dr. Neha Patil 10. Dr. Ashvini Padhye





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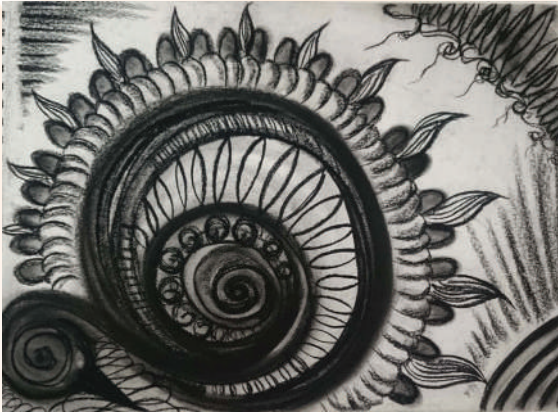
*Dept. of Orthodontics*



*Dept. of Oral Pathology*



# Art Gallery



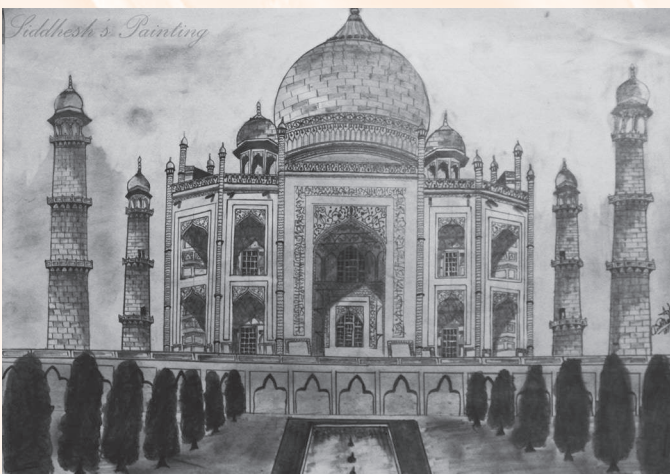
*By Ms. Ankita Mistry, Intern*



*By Ms. Ankita Mistry, Intern*



*By Ms. Haadiya Dabeer, Intern*



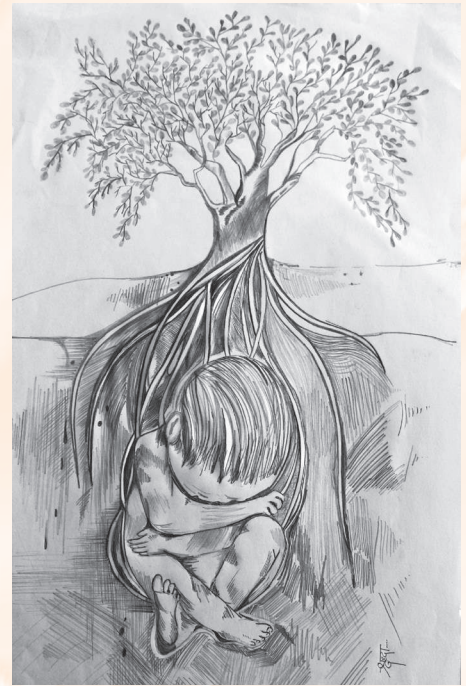
*By Mr. Siddhesh Borse, Intern*







By Ms. Madhura Vairagi, Final year



By Ms. Shraddha Galande, Intern



By Ms. Tanya Quinny, Intern



By Ms. Shraddha Galande, Intern



By Ms. Swati Samaleti, Intern



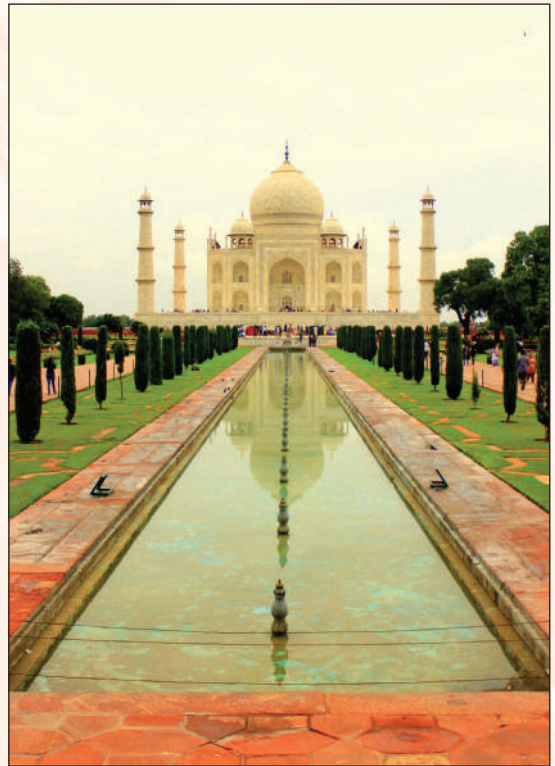
By Ms. Anjali Gala, Final year



# PHOTO GALLERY



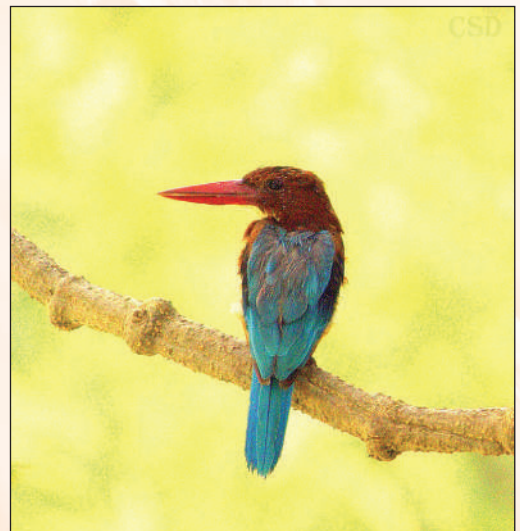
*By Mr. Chirag Davane, Intern*



*By Mr. Chirag Davane, Intern*



*By Mr. Chirag Davane, Intern*



*By Mr. Chirag Davane, Intern*





*By Mr. Siddhesh Borse, Intern*



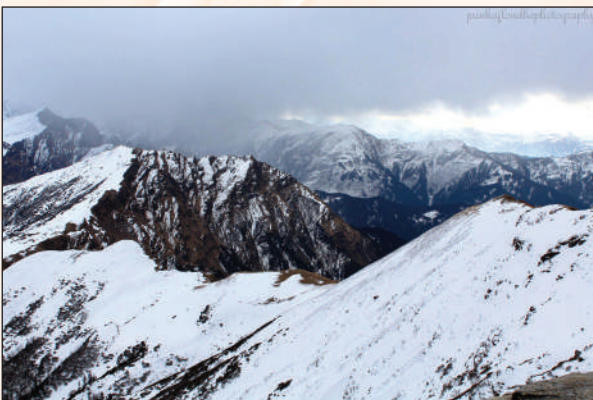
*By Mr. Siddhesh Borse, Intern*



*By Mr. Pankaj Londhe, Intern*



*By Mr. PadmakarBaviskar, Intern*



*By Mr. Pankaj Londhe, Intern*



*By Mr. PadmakarBaviskar, Intern*





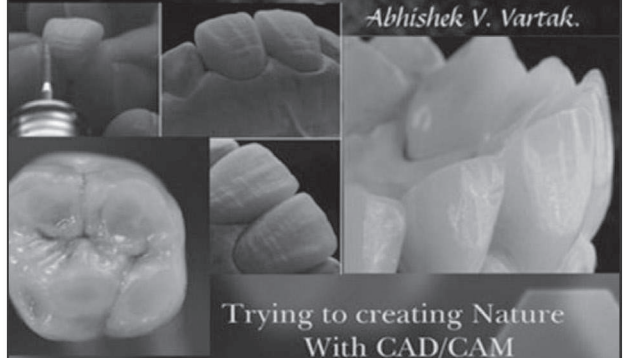
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Ayad F, Ayad N, Delgado E, et al. *J Clin Dent.* 2009;20(4):115-122.

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

### PARBHANI

MGM's College of Computer Science

### NOIDA (U.P.)

MGM's College of Engineering & Technology