



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL
Junction of NH-4 and Sion Panvel Expressway,
Sector-1, Kamothe, Navi Mumbai- 410 209
E-Mail ID :mgmdch@mghmmumbai.ac.in



Date: 5th October 2019

Event: Fit India Plogging Run

Date of Event: 5th October 2019

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

In accordance to the circular dated 30th September 2019 from The secretary, Department of sports, Government of India, A FIT INDIA PLOGGING RUN was organised by NSS unit of MGM DENTAL COLLEGE AND HOSPITAL, KAMOTHE in the MGM campus on 5th October 2019 between 1:30pm to 2:30pm. This campaign was aimed to promote the habit of fitness and cleanliness in all. Volunteers were requested to collect plastic waste around the campus along the path of the run.





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Date: 26th November, 2019

Event: Constitution day

Date of Event: 26th November, 2019

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

In accordance with the MUHS circular no. MUHS/SW/NSS/2151/2019, on the occasion of 70th celebration of Constitution Day of India, a programme was conducted in MGM Dental College and Hospital, Kamothe, Navi Mumbai. It was attended by the staff, non-teaching staff, UG & PG students and interns in Lecture hall no 1.

A short programme was organised keeping the theme for the day in mind in Lecture Hall 1 at 8.30 AM. It was presided by Dean, Dr. Vanitha Shenoy. Heads of Department of the MGM Dental College and Hospital graced the programme as dignitaries for the above said programme.

The programme started off by a brief monologue by NSS volunteer and Intern Snehal Ghodke who enlightened the crowd with the significance of celebrating Constitution day on 26th November every year. It commemorates the adoption of the Constitution of India. The day honours our national leader, Dr. Babasaheb Ambedkar who was an eminent lawyer having chaired the drafting committee of the Constituent Assembly and played a pivotal role in the drafting of the constitution.

The programme progressed with the playing of a short video regarding the formation of the Indian constitution since India attained Independence in the year 1947. It highlighted the struggle of India after the independence of India and how Dr. Ambedkar was invited by the Congress government to serve as a first law minister of the India.

All the delegates present listened in rapt attention to the recitation of The Preamble to dedicate themselves for unity, integrity and security of the nation. When the constitution of India was adopted, the citizens of India were entered to a new constitutional, scientific, self-governing and modern India with the peace, poise and progress. This encouraged the audience to spread patriotism amongst fellow countrymen.

NSS volunteer and Intern Shruti Kalbage held a short lecture and discussion programme on various thoughts of Father of Indian Constitution, Dr. Babasaheb Ambedkar. A meticulously presented session using audio-visual aids left the crowd filled with patriotism and respect. It highlighted how the Constitution of Indian was adopted to constitute the country as an independent, communist, secular, autonomous and republic to secure the Indian citizens by the justice, equality, liberty and union.

The programme concluded with the Dean and fellow dignitaries joining all the NSS volunteers together for National Anthem. All the faculty, students and interns recited the anthem which left the crowd mesmerised. The crowd dispersed with a feeling of patriotism. The day celebrated was indeed a justice well done for Constitution Day and helped to ignite the lamp of knowledge in the minds of our new generation so that they can understand the importance of Indian constitution, respect it and follow it religiously.



'RUN FOR UNITY' ON MGM GROUNDS ON 31ST OCTOBER, 2019



NSS VOLUNTEERS PARTICIPATING IN RUN FOR UNITY



PROGRAMME CELEBRATING NATIONAL UNITY DAY



LECTURE ON THOUGHTS OF SARDAR VALLABHBHAI PATEL

SINGING PATRIOTIC SONGS BY
INTERNS ON NATIONAL UNITY

PAINTING COMPETITION HELD FOR
THE AUDIENCE



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Date: 31st October, 2019

Event: Communal harmony and flag day

Date of Event: 31st October, 2019

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

In accordance with the Observance of Communal Harmony Campaign week by the National Foundation for Communal Harmony and Flag day on 26th November, 2019, a programme was conducted in MGM Dental College and Hospital, Kamothe, Navi Mumbai. It was attended by the staff, non-teaching staff, UG & PG students and interns in Lecture hall no 1.

A short programme was organised keeping the theme for the day in mind in Lecture Hall 1 at 8.30 AM. It was presided by Dean, Dr. Vanitha Shenoy. Heads of Department of the MGM Dental College and Hospital graced the programme as dignitaries for the above said programme.

The programme started off by distribution of Flag day stickers to the attendees to mark the celebration. Everyone was encouraged to stick the stickers as a mark of display of unity. It was followed by a brief monologue by Intern Jahnvi Taneja who enlightened the crowd with the significance of celebrating Communal Harmony day on 26th November every year. It highlights that Communal Harmony is necessary for every nation. Only if there is peace and harmony in the country can it grow. India is known to maintain communal harmony even as people of different religions and castes reside here. Thus it is known for its secular ways.

The Flag Day spreads the message of communal harmony and National Integration. It is also utilized for fund raising to enhance the sources of the Foundation. A collection box was circulated in the entire college along with the brochure and pamphlet of the foundation and everyone was encouraged to donate for the noble cause. The interns along with NSS volunteers of the college collected a fund of 523 INR for the same. These funds will be used to carry out various activities on schemes and projects undertaken by the foundation.

Essay competition was organised keeping in mind the theme of the celebrations. Active participation from the interns was seen. The three best essays would be sent for the national competition which will be awarded and highly appreciated.

The programme concluded with the Dean and fellow dignitaries joining all the NSS volunteers together for National Anthem. All the faculty, students and interns recited the anthem

which left the crowd mesmerised. The crowd dispersed with a feeling of patriotism. The day celebrated was indeed a justice well done for Communal Harmony and helped to ignite the lamp of knowledge in the minds of our new generation so that they can understand the importance of National Integration, and follow it religiously.



**COMMUNAL HARMONY DAY AND
FLAG DAY CELEBRATIONS**



**LECTURE ON COMMUNAL
HARMONY BY INTERNS**



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Date: 26th November, 2019

Event: Ek Bharat Shreshtha Bharat
Date of Event: 26th November, 2019
Venue: MGM DCH Campus
Organisation: NSS unit, MGM DCH
No. of Participants: Faculty- 04, Students: 50

REPORT

In accordance with the MUHS circular no. MUHS/SW/NSS/2151/2019, as a part of “Ek Bharat Shreshtha Bharat” campaign by the Government of India, the first programme of the series was conducted in MGM Dental College and Hospital, Kamothe, Navi Mumbai. It was attended by the staff, non-teaching staff, UG & PG students and interns in Lecture hall no 1.

A short programme was organised keeping the theme for the day in mind in Lecture Hall 1 at 8.30 AM. It was presided by Dean, Dr. Vanitha Shenoy. Heads of Department of the MGM Dental College and Hospital graced the programme as dignitaries for the above said programme.

The programme started off by a brief monologue by Intern Ashley George who enlightened the crowd with the scheme that pairs Maharashtra and Odisha in this undertaking and aims for improving the unity between different cultures of Indian society. It stressed on state-state harmony and brotherhood by organizing exchange of ideas.

Intern Sanika Karmarkar held a short lecture and discussion programme on Maharashtra and Odisha being a unique combination showcases a diverse linguistic, cultural and religious threads, held together into a composite national identity by a rich history of cultural evolution. The spirit of mutual understanding amidst a shared history enabled a special unity in diversity that needs to be nourished and cherished into the future. A meticulously presented session using audio-visual aids left the crowd filled with unity and respect for the pair of states. It highlighted how the diverse the Indian culture is to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country.

Painting competition was arranged with the theme of the above said campaign focusing on the states Maharashtra and Odisha. All the participants participated in the competition. As a part of this artistic activity, many ideas showcasing national unity were seen in the form of drawings.

The programme concluded with the Dean and fellow dignitaries joining all the NSS volunteers together for National Anthem. All the faculty, students and interns recited the anthem

which left the crowd mesmerised. The crowd dispersed with a feeling of patriotism. The day celebrated was indeed a justice well done for unity and helped to ignite the lamp of knowledge in the minds of our new generation so that they can understand the importance of Unity in diversity.



**'RUN FOR UNITY' ON MGM
GROUNDS ON 31ST OCTOBER, 2019**



**NSS VOLUNTEERS PARTICIPATING
IN RUN FOR UNITY**



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Date: 13th February, 2020

Event: Road safety day

Date of Event: 13th February, 2020

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

The Road Safety Week observance is being initiated by the Ministry of Road Transport & Highways. With a view to supplement the efforts of the Ministry, student welfare cell by MUHS from the year 2011 has started conducting Road safety day via NSS units of Maharashtra. MGM Dental College and Hospital celebrated this day on 13th February, 2020 in front of the college campus gate.

The activity involved categorising two wheeler riders without wearing a helmet. NSS volunteers were stationed at the campus gate and they spotted such offenders. Appropriate advise was given to the two wheeler riders to wear helmets and advantages of doing the same were stated. NSS volunteers had prepared a road safety sticker that was stuck to the two wheelers of the individuals. After the awareness program of the volunteers, many riders immediately wore the helmet which was either hanging on the handle or kept in the storage unit of the two wheelers. All the NSS volunteers were extremely delighted to see this change. Promotional flex banners and safety posters were displayed all day in the campus and in the surrounding vicinity to stress the importance of road safety.





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Date: 11th January, 2020

Event: Residential Camp

Date of Event: 4th January- 10th January, 2020

Venue: Shantivan, Nere

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

The NSS unit of MGMDCH conducted a Residential Camp at Balwantrai Mehta Panchayat Raj Jagruti Kendra, Shantivan, Nere from 4th to 10th of January, 2020. Village surveys were conducted where volunteers visited various villages to know if people aware of interdental aids and if not they were explained about it. Under Shramadan activity, stony paths of the village were rebuilt so that it could be easy for children as well as the villagers to commute daily. In school oral hygiene inspection of the children and their treatments were carried out. A skit was performed to spread awareness about good touch and bad touch. Volunteers went to classrooms to speak to children about proper brushing techniques. A short gathering was also done where the girls were educated about the menstrual hygiene.

Apart from these activities volunteers were enlightened by Dr. Samidha Gandhi. The camp was supervised by faculties Dr. Vaibhav Thakkar, Dr. Agraja Patil, Dr. Prachiti Terni, Dr. Sankalp Bhandarkar and Dr. Laresh Mistry for the completion of all the works assigned. An amazing and adventurous trek was also organised to the Kothaligad Peth Fort where the whole team tightened their shoelaces and trekked to host a beautiful piece of history. The camp to Shantivan ended with a heartwarming closing ceremony by the volunteers and NSS unit programme officer Dr. Agraja Patil giving a vote of thanks and felicitating the chief guest Ms. Shraddha Shelke. Overall it was an overwhelming and enriching experience.





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Date: 18th February, 2020

Event: Swachh Bharat Abhiyan

Date of Event: 18th February, 2020

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

SWACHHA BHARAT ABHIYAN The cleanliness drive was organized by MGM Dental College and hospital at MGM campus entrance as a part of MAGNUM 2020 college festival on 18th February 2020 between 8:00am to 8:30am. This event was aimed to promote and practice cleanliness. This event was attended by all the UG students from 1st years to interns, all the PG students, non-teaching staff and teaching faculty. There was diligent work seen through active participation by all. Brooms, masks, gloves and garbage bags were provided to all the volunteers in order to enhance smooth functioning.





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Date: 22nd March, 2021

Event: Road safety day

Date of Event: 22nd March, 2021

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

The Road Safety Week observance is being initiated by the Ministry of Road Transport & Highways. With a view to supplement the efforts of the Ministry, student welfare cell by MUHS from the year 2011 has started conducting Road safety day via NSS units of Maharashtra. NSS unit of MGM DCH along with United way foundation, Mumbai conducted an online Safe rider Training session regarding two wheeler safety. It was a part of their project Two Wheels, One life under the aegis of United for Road safety managed by Global Road Safety Partnership.

The activity involved categorising two wheeler riders without wearing a helmet. NSS volunteers were present for the online session conducted by speakers Rohit Dalvi, Cyril Gaikwad and Karan Desai. Appropriate advise was given to the NSS volunteers to wear helmets and advantages of doing the same were stated. The session included a high level of interaction between the volunteers and it helped them to connect with each other in these difficult times. The speakers used evidentiary support with varied AV aids to educate the volunteers. Results of the post-session feeback test were highly appreciated.



Demonstration on use of helmet



Instructors educating about traffic rules



Creating awareness regarding accidents



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Date: 1st August, 2021

Event: Oral Hygiene day

Date of Event: 1st August, 2021

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

Oral hygiene day was introduced to commemorate the birth anniversary of the doyen of Indian Periodontics and founder of the Indian Society of Periodontology (ISP), Dr G B Shankwalkar. The NSS volunteers of MGM Dental College, under the guidance of their beloved Dean and staff members in collaboration with Dept. of Periodontics, celebrated this day by distributing oral hygiene kits provided by Colgate, with the objective to spread the message of Oral health and its importance and to curb the worrisome trend of neglect which has been one of the main causes for oral diseases.

Every year this day is celebrated by organizing various camps, creating oral health awareness in rural areas, distributing oral hygiene kits, containing Colgate Dental cream toothpaste and Colgate Zig Zag toothbrush, to the underprivileged population. This time, the students reached out to rickshaw stands near the college campus, food stalls, OPD patients in the campus, maintenance workers and provided counselling with regards to brushing techniques, use of tongue cleaner, mouth rinse, and effects of tobacco on oral health. Let's keep spreading awareness about Oral Hygiene and lead everyone to a healthy Oral Cavity. This will not only improve the Oral Hygiene Index but also help people spread sparkling smiles.





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Date: 15th August, 2021

Event: Up mask for No mask campaign on Independence day

Date of Event: 15th August, 2021

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

On the occasion of 75th Independence Day, MGM Institute celebrated the day with the theme, "Up Mask For No Mask" signature campaign which was inaugurated in the presence of following dignitaries Shri. Kamalkishore Kadam (Hon'ble Chancellor), Dr. Shashank Dalvi (Hon'ble Vice Chancellor), Dr. Rajesh Goel (Registrar), Dr.SN Kadam (Medical Director), Dr. G S Narshetty (Dean Medical College) and Dr. (Lt.Gen.)K. R. Salgotra (Medical Superintendent). With the utmost support of Respected Dean Dr. Srivalli Natrajan, the Interns and NSS volunteers put up a great show to fight united against the COVID-19 pandemic. The event commenced with flag hoisting followed by National Anthem at 8.30 am which spread zeal amongst all. The respected dignitaries shared their valuable thoughts on the occasion and motivated the attendees. On the occasion, a pledge was taken with a vision to gain independence from clutches of COVID, just like we gain from britishers.

The NSS volunteers also came forward to encourage everyone to wear masks & wear them the right way. The volunteers came up with a unique idea where the non-attendees could scan the QR code and take the pledge online which got an over-whelming response of 300 entries till date. Throughout the event COVID norms were strictly followed. All the attendees were served with refreshments after the program and it came to an end at 9.30 am. Highlights "Wear Masks Right, To Continue the Fight." Let's stand together, sign the pledge and continue to fight against the global pandemic and make India Independent of the virus



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Date: 17th August, 2021

Event: Up Mask for No mask

Date of Event: 17th August, 2021

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

Out for a task? Wear a mask. On the occasion of Independence Day, 2021, the students and staff members of MGM Dental College and Hospital organised an innovative project with the theme, “Up Mask For No Mask” in the presence of following dignitaries, Dr. Sabita Ram Ma’am and Dr. (Lt. Gen.) K. R. Salgotra (Medical Superintendent). With the support of Respected Dean Dr. Srivalli Natrajan Ma’am and guidance of Dr Agraja Ma’am and Dr Vaibhav Sir, the Interns and NSS volunteers put together an awareness drive to fight the ongoing pandemic. The general secretary, Karishma Jadhav, inaugurated the signature campaign by addressing the dignitaries, followed by a speech, describing the initiative and its cause by Prachi Bekhe. This was succeeded by traditional lighting of the lamp and the national anthem which was sung by a group of students. Then, the intern batch of 2021 put up an enlightening skit showing that awareness is always underrated and how much of a difference educating oneself can make. The skit pointed out the ignorance prevalent in our society, and how people seldom practice what they preach. In addition, posters and placards made by the NSS volunteers were displayed throughout the event. To affirm their participation, the audience was encouraged to take the pledge to wear the mask regularly and appropriately. The event did not conclude there. The NSS volunteers carried out the campaign with an organised march around the campus with placards propagating the slogan, “up mask for no mask” with a vision to, one day, be free of masks.



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Date: 17th August, 2021

Event: Independence day

Date of Event: 17th August, 2021

Venue: MGM DCH Campus

Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 04, Students: 50

REPORT

“On the occasion of world environment day, MGM Dental college organised a tree plantation drive with the theme: Reimagine. Recreate. Restore. Each of these words holds a lot of meaning and pushes the youth of MGM Dental College to do so and create a better environment which is intergenerational. “The environment is where we all meet; where we all have a mutual interest; it is the one thing we all share”. Keeping this in mind, our volunteers carried out tree plantation in the campus of MGM Dental College and Hospital. The volunteers joined hands to make the world greener, healthier and happier. This wouldn't be possible without the support of the Dean, Dr. Vanitha Shenoy whose vision is to have an all round development of each and every student.

“The volunteers planted two little saplings in the lawns placed adjacent to the entrance of the college. The students were well versed with the steps of plantation like soaking, digging and improving. “These efforts were acknowledged by the MUHS as an appreciable initiative. Moreover, Dr Sandip Kulkarni, the Student Welfare Cell In Charge, did not fail to appreciate the work done. “Nurturing Nature, For a Better Future: The volunteers had a learning experience and are growing to be individuals who care about the all round well being of the planet.