



MGM DENTAL COLLEGE AND HOSPITAL,
NAVI MUMBAI

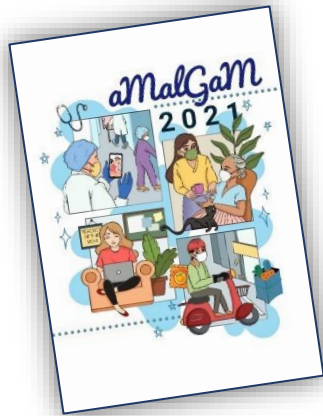


aMalGam

2021



GLOBAL PANDEMONIUM- A LESSON TO RECKON



No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear.

-Greg Kincaid

A global pandemonium was an unexpected wave that changed the whole dynamics of living. We became prisoners to this deadly virus, shifting our whole lifestyle and creating a new normal in our lives that we had never imagined. With all the terrible times, there were also highlights that were heart-warming,

This cover depicts how our covid-warriors, forced to stay away from their families have been fighting come what may; how the civilians are contributing by staying in, working from home and doing their part for society; how the essential workers are providing all the essential services thus aiding in maintaining the covid protocols.

We believe that we'll rise through these difficult times and come out of this stronger to witness a better world!

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

-Marie Curie



Cover Credits: Aqsa Javed (2nd Year)

MGM DENTAL COLLEGE AND HOSPITAL

Navi Mumbai

Accredited 'A' Grade by NAAC

VISION

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

MISSION

- Equipping future dentists with comprehensive skill sets and expertise.
- Raising the standards of dental health education by imparting extra-mural education under the mentorship of leading academicians.
- Addressing patient concerns empathetically and adopting patient centric treatment approaches.
- Encouraging research in newer areas of dental science and teaching methodologies 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 the foundations (stepping stones) for future leaders in the field.

DIRECTOR'S MESSAGE



MGM Dental College and Hospital has been a crucial part of The MGM family ever since it's inception.

Titles come with not only responsibilities but also with accountability, liability, sense and strength to live up to one's own commitments. Being known as the Head of such a dynamic institution has always been a matter of pride for me.

The first true global pandemic in our modern age rocked the world, throwing our way of living into turmoil. It was difficult to cope with the initial shock but its persistence has been another matter entirely. All the students and faculty members, along with Dean, Dr. Srivalli Natarajan turned this into a very innovative theme for the annual fest, MaGnuM 2021 and college magazine, aMalGaM 2021- 'Global Pandemonium'. This constant effort by them to keep evolving and maintain pace even in tough situations always amazes me. Even in this pandemic, numerous activities have been organized ensuring that all the safety protocols set by the Government of India are being followed strictly, thus keeping the flag of MGM high.

I take this opportunity to congratulate the students, the Dean and the staff for pooling their resources together for the timely publication of aMalGaM 2021.

Our institution follows the ideals and principles of Mahatma Gandhi. His novel philosophies have always shown how truth can triumph over war and weapons, how our subtle rejection of injustice can be a powerful means of protest.

As products of MGM, I am confident that no challenge will deter you all from moving ahead. As Gandhiji said, *"Be the change you want to see in the world. The greatness of humanity is not in being human, but in being humane"*.

-DR. SUDHIR KADAM

MEDICAL DIRECTOR

DEAN'S MESSAGE



History is replete with instances when a crisis has brought to the fore the 'never say die' spirit in a human being, to first find its bearing, then to develop innovative methods to awaken and showcase its dormant abilities and finally to excel.

This is exactly what the MGM Dental College and Hospital has demonstrated in the form of aMalGaM 2021, during a difficult period in the chequered world chronology of events, in which a raging pandemic- an infinitesimally small microbe has laid bare the conscience of the world and swept it off its feet.

I have gone through the entries, stories, poems, book reviews, photographs, experiences of heroic sacrifice of covid warriors, some of them giants in the field of medicine and dentistry and who have led from the front, and glittering art of every description.

I have been in this college Hospital for so many years but did not have an opportunity to assess the latent energy of the college hospital as a whole. This is indeed an eye opener for me.

This magazine, the first of its kind, has not only located the huge reservoir of talent and enthusiasm, which is fundamental, but, equally important, collaterally, galvanised it into this document of unique mix and variety. I cannot but laud the organisers as a whole, for conceiving this idea and working tirelessly for the fulfilment of the objective. The least I can say is that I am proud of being the head of this powerful fountainhead of enthusiasm and talent.

I am sure, aMalGaM 2021 is only the first in a series of such success stories.

-DR. SRIVALLI NATARAJAN

DEAN, MGM DENTAL COLLEGE AND HOSPITAL

STUDENT COUNCIL (2020-2021)



BOTTOM LEFT TO RIGHT:

CULTURAL SECRETARIES-
SUMANYU KULKARNI,
SHIVANI SURVE

GENERAL SECRETARY-
KARISHMA JADHAV

SCIENTIFIC SECRETARIES-
POONJEE GUPTA,
MARIAM
RAMAKDAWALA

MIDDLE LEFT TO RIGHT:

SPORTS SECRETARIES (INDOOR)- ABHISHEK GUPTA,
APURVA KADU

FINANCE HEADS- SIDDHARTH GOLECHA, SMITA KANOJIA

MAGAZINE HEADS-
CHARLOTTE SALDANHA, INDU U.K, SAKSHI MISHRA

LITERARY HEADS-
BHAGYASHRI DESHMUKH,
SANIKA GOKHALE

INTERN REPRESENTATIVES-
PRACHI BHEKE, RADHEYA TEKADE

SPORTS (OUTDOOR)- SAMIKSHA GHARAT, SHIVSHANKAR BEDRE

TOP LEFT TO RIGHT:

NSS HEADS- PRIYANKA MURALIDHARAN, TEJAS MHATRE

BLS HEADS- ADITI RANE, ANKITA SHUKLA

CREATIVE HEADS- APURVA KURHADE, SARANGA MAHAJAN

PIXEL HEAD- POOJA RATHOD

MANAGEMENT HEAD & TEAM-
ANUPAMA WARRIER, MUDIT LODHA, KRINAL PISTOLWALA, MAYUR ARYA

HOSPITALITY HEAD & TEAM-
NEHA LODHA, NIMISHA PHATAK, URVI DAMA, TANVI MANDLIK

PR HEADS- SURVEEN KAUR SODHI, AASHI JAGAWAT, BHOOMI SHAH

EDITORS' MESSAGE



As William H. Gass once said *“The true alchemists do not change lead into gold; they change the world into words.”*

As cliched as it sounds, a pen IS mightier than a sword.

It is with immense pleasure and gratitude that we bring this magazine, aMalGaM 2021, for you!

As we wind up this roller coaster ride of a year, we are fortunate enough to get an opportunity to look back into all the events & occasions of this year and commemorate the same into our magazine. All the entries that we received- articles, poems, reviews, photographs, art work, were nothing short of true talent!

We were truly amazed at the talent of our junior, Aqsa Javed, for turning our ideas into a beautiful cover art for aMalGaM 2021!

Our magazine is one of a kind as it came into being in the middle of a pandemic, as our theme rightfully depicts. We decided to include a special section this year, solely dedicated to all of your experiences during this Covid-19 pandemic.

We even got the opportunity to interview some of the most prominent frontline workers- Dr. Neelam Andrade Ma'am, Lt. Gen. Dr. K. R. Salgotra Sir and Dr. Varnika Kala Ma'am, towards whom we remain immensely grateful for taking out their time to share their experiences with us.

We extend our heartfelt gratitude towards our esteemed Dean, Dr. Srivalli Natarajan Ma'am, for always encouraging and pushing us, and also actively sending us articles to be included in our magazine. We also thank Dr. Sarika Shetty Ma'am, Dr. Jigna Pathak Ma'am and Dr. Vaibhav Thakkar Sir, without whose help and support, we could not have brought this magazine to the end line!

We like to consider aMalGaM 2021 our little brainchild into which we have put a lot of effort and time! We hope you enjoy reading it!

-INDU U K, CHARLOTTE SALDANHA, SAKSHI MISHRA.
(MAGAZINE HEADS, 2020-2021)

GENERAL SECRETARY'S MESSAGE



“A great leader's courage to fulfill his vision comes from passion, not position.”

It is an honour and privilege to be called as the "General Secretary" of MGMDCH. This post has taught me so many qualities- true leadership, time management, team work, communication skills, humility - just to name a few. Often, I realised that as the leader, it was my job to take the fall for my team's mistake but also allow them to shine when it was time to take credit. I had to be bold, confident yet approachable and a good listener as a lot of students looked up to me as their GS.

I am immensely and truly grateful to all the people here at MGMDCH- the magazine committee for allowing to share my journey here, to our two dynamic Deans- our former dean, Dr. Vanitha Shenoy ma'am and our current Dean, Dr. Srivalli Natarajan ma'am for entrusting me with this title, to Dr. Srivalli Natarajan ma'am for believing in me and encouraging me throughout my tenure as the General Secretary, to the encouraging faculty at MGMDCH- Dr. Vaibhav Thakkar sir, Dr. Bharat Gupta sir, Dr. Shilpa Patel ma'am, Dr. Jigna Pathak ma'am, Dr. Sarika Shetty ma'am, Dr. Chinmay Rao sir, Dr. Padmakar Baviskar sir and Dr. Sujeet Khiste sir for working in liaison with the students and making MaGnuM 2021 a huge success, to Dr. Jayeeta Verma ma'am for the constant support, motivation and mentoring, without whom my journey as the GS would not have been possible, and lastly to my fellow Student Council members, Interns and all dear MGMITes for their enthusiasm and for always having their constant faith in me!

To all my juniors- Make the most of everything this institution has to offer! Remember, success comes to those who do more than necessary and continue to do so. Believe in yourself and always make MGMDCH proud!

-KARISHMA JADHAV (GENERAL SECRETARY, 2020-2021)



CREATIVE TEAM

The ultimate artists of maanum festival.



HOSPITALITY TEAM



MANAGEMENT TEAM



BLS INCHARGES



PIXEL TEAM



PUBLIC RELATIONS TEAM



CULTURAL TEAM



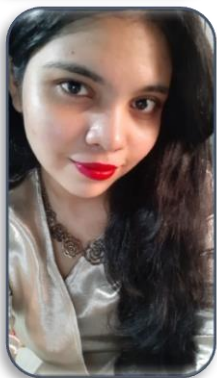
NSS HEADS



INTERN REPRESENTATIVES



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TREASURERS

SCIENTIFIC SECRETARIES' MESSAGE



“Research is formalized curiosity. Curiosity will conquer fear even more than bravery will.”

As we pen down our message, we are grateful to MGM DCH for providing us with this opportunity and trusting us with the responsibilities of leading the scientific committee. We were both inclined towards research and presented various papers and posters at many conferences right from our first year. We won some and lost many, but we gained exposure which was unparalleled.

'THE SHOW MUST GO ON' was our motive to continue with the scientific programs during Covid times, and it came with a lot of challenges. We aimed to organize as many seminars, lectures, hands on, as well as conferences online and we did so not only on dental topics but also on subjects like mental health and medicolegal jurisprudence. From online seminars to socially distanced hands-on trainings, it was indeed a very productive year for us.

On behalf of the entire committee we would like to thank our source of constant motivation, our Dean, Dr. Srivalli Natarajan Ma'am, and our staff members Dr. Chinmay Rao Sir, Dr. Padmakar Baviskar Sir, Dr. Vaibhav Thakkar Sir, Dr. Bharat Gupta Sir, Dr. Usha Asnani Ma'am, Dr. Neha Patil Ma'am, Dr. Amruta Joshi Ma'am, the entire scientific committee as well as the management and hospitality team for cooperating with us throughout the year.

-POONJEE GUPTA & MARIAM RAMAKDAWALA
(SCIENTIFIC SECRETARIES, 2020-2021)

SCIENTIFIC REPORT:

"Live as if you were to die tomorrow. Learn as if you were to live forever."

This insightful saying by Mahatma Gandhi Ji has been a motto to live by, for the past couple of years.



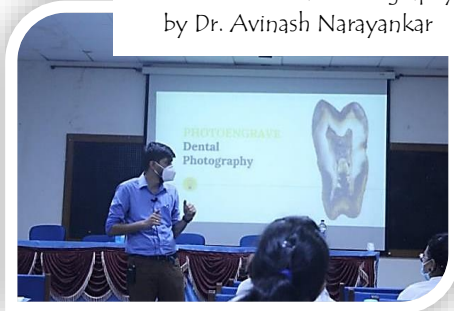
Scientific heads giving introduction speech for an event

We have all been affected by the COVID-19 pandemic and faced unprecedented difficulties in all aspects of life. In such times, keeping the researcher in us alive and curious was truly a challenge. But due to the efforts and support of our Dean, Dr. Srivalli Natarajan ma'am and the constant motivation and help of Dr. Padmakar Baviskar Sir we were able to organize some very knowledgeable lectures and enlightening workshops, despite practical limitations.

Grabbing this opportunity, the Scientific committee kick-started the scientific tour with a lecture and workshop on **Dental Photography**. This helped our interns understand the importance and usefulness of photography in dental practice.

The committee also organized lectures on pivotal topics like - **Decoding the law: Medicolegal aspects of dentistry, World Diabetes Day** and **Mend your Minds-Mental Health for Dental Practitioners** which were graced by eminent guest speakers.

Lecture on Dental Photography by Dr. Avinash Narayankar



Dr. Jagannath Dixit giving lecture on World free of Obesity and Diabetes Campaign



Dr. Hemant Dhusia speaking about Medical Ethics



Dr. Harish Shetty giving a lecture on Mental Health



All esteemed dignitaries on the dais for medical jurisprudence lecture

DENT-ESSENCE

After almost 2 years of attending seminars on online platforms due to Covid, the scientific committee of Magnum 2021 was keen on organizing the scientific events offline and took all the possible efforts to conduct events not only following all the protocols, but also enjoying them to the fullest.



Felicitating Guest Speaker,
Dr. Aishwarya Nair

Dent-Essence 2021 started on a divine note by lighting of the lamp by our Dean, **Dr. Srivalli Natarajan** and our guest speakers. After an encouraging speech by our dean, we then proceeded for our first lecture for the day by **Dr. Milind Shah** who is an alumnus as well as an eminent pediatric dentist who highlighted various important aspects of pediatric dentistry.

This was followed by another gripping lecture on TMJ disorders by **Dr. Aishwarya Nair**, an Oral and Maxillofacial Surgeon and expert in TMJ Arthroscopy.

Our sponsors **Toothsi**, an invisible aligners company enlightened us with their introductory lecture on aligners.

Our event would have been incomplete without the participation of our students who were very enthusiastic about presenting their **paper and poster presentations** in front of the judges. The final round of selected participants was judged by our esteemed speakers who appreciated the efforts of our students and encouraged them to take up research in the future.

We had **Table Clinics/ Work Model** presentations by our students who showed us their innovative and artistic sides. The **Debate** sessions witnessed the energy and passion of our participants who fiercely put their opinions forward and the judges particularly had an enjoyable experience.



Participants presenting table
clinics models

We are grateful for the huge number of entries from all the batches; this would not have been successful without you'll. Words fall short to thank our Dean Ma'am for constantly encouraging us, our Staff incharge - Dr. Chinmay Rao Sir who motivated us and helped us throughout the event and without whom this would have been a mammoth of a task and lastly the scientific committee who had our back in all the nitty gritty of organizing this successful event.

CULTURAL SECRETARIES' MESSAGE



“Coming together is a beginning. Keeping together is progress. Working together is success.” - Henry Ford

We fall short of words when we are to talk about our time as Cultural Secretaries. A range of emotions cloud our mind. In the wake of the Covid-19 pandemic, conducting cultural events was challenging. Finally after a few months of waiting luck shined upon us. We got an opportunity to showcase our untapped reservoir of talent at the MSDC, Baramati. It was indeed a magical, one-of-a-kind and wonderful experience. Along with a bag full of unforgettable memories, we took home awards & prizes. It was a dream come true to win for MGM & make our Alma Mater proud. With that as a start, we finally got the opportunity to conduct MaGnuM as well this year! Without a doubt, Magnum was different this year considering the engagement of safety guidelines but it was our very own and beloved.

We extend our heartfelt gratitude to our respected Dean, Dr. Srivalli Natarajan Ma'am and Dr. Bharat Gupta Sir, for supporting us throughout. We are also grateful to our loving staff- Dr. Jigna Pathak Ma'am, Dr. Vaibhav Thakkar sir, and Dr. Bhoomi Parmar Ma'am for their constant support and guidance time and time again.

I sincerely express my gratitude to each and every one who participated and assisted in organising this event. Seeing every MGMite share the same passion and enthusiasm filled our heart with happiness and contentment! Thank you for your efforts in transcending this fest from nearly impossible to an action-packed event which we will cherish for the rest of our lives!

-SUMANYU KULKARNI & SHIVANI SURVE
(CULTURAL SECRETARIES, 2020-2021)

CULTURAL REPORT 2020-21

MAGNUM 2021 - THE ANNUAL FESTIVAL

They say, 'Rome was not built in a Day' and as much truth as it holds, it usually takes as long as 2 months for a fest preparation but we did it in mere 15 days owing to an all-out effort shown by each and every member of the core committee. Magnum 2021 was conducted from 23-28th December, 2021.

The events were headed by the cultural heads, Shivani Surve and Sumanyu Kulkarni, accompanied by a zealous team.

Dedicating the year 2021 to our covid warriors, we couldn't think of a better theme for Magnum than 'Global Pandemonium - Our Heroes'. Following all the covid protocols, we successfully planned our Magnum Fest.

Each academic year was given a team name according to the theme.

- First year- Teachers: The Educators League,
- Second year- Nurses team: code blue,
- Third year- Firefighters: the hydrant heroes,
- Final year- Sanitation workers: the germ squad,
- Interns- Police: the warrant guys,
- Postgraduates - Defence force: the guardian,
- Faculty- Doctors: the resuscitators,
- Non-teaching staff- Essential workers: the front-line crew.

We kicked off our fest with Swacch Bharat, followed by Tree Plantation and inauguration where all the teams were introduced by their respective Fest captains as per the team slogans. The Painting Competition was organised immediately after that. The noble event of Blood Donation was organised, followed by other events which included: Taboo, Shayari, Quiz & Musical event – Antakshari.



Inauguration ceremony at the MAGNUM festival



Rangoli competition



Painting competition



Blood donation campaign

MAHARASHTRA STATE DENTAL CONFERENCE (MSDC) 2021, BARAMATI

The 60th Maharashtra State Dental Conference 2021, was conducted in a small town known as Baramati, on the dates 10-12th December, 2021. We were thrilled to see that as always, students of MGMDCH were so eager to participate in the events conducted at this conference!

The sports & cultural events were conducted on the 9th and 10th of December respectively while the scientific events and hands on lectures including tradefair were conducted on 11th and 12th of December, 2021.

MGMDCH students competed and bagged prizes in many events!

- **Solo singing, 2nd prize**- Harshali Patil
- **Group Dance, 3rd prize**- Rutuja Kadam, Apurva Kurhade, Asmita Kokare
- **Duet Dacne, 3rd prize**- Aakanksha Kedar, Apurv Kinkar



SPORTS SECRETARIES' MESSAGE



Being in the middle of a pandemic, we saw no possibility of any sports event happening this year. However, with the encouragement and support of our beloved and dynamic Dean, Dr. Srivalli Natarajan Ma'am, we were able to participate in the **6th MGM Olympics** held at Aurangabad on the occasion of 39th Foundation Day of MGM. The event was a great opportunity for our very enthusiastic juniors who participated in various sports events and got home 3 medals (2 silvers and 1 bronze). We extend our thanks to Dr. Pankaj Londhe Sir for accompanying and taking care of us in Aurangabad for these 4 days.

As the MGM OLYMPICS ended on a high note, it was now time for our debut at the much awaited college fest, **MaGnuM 2021**. However, conducting sports events this year while maintaining COVID-19 protocol proved to be a Herculean task! While the indoor events were conducted in college, we had the unique experience of conducting outdoor sports on a turf this year. The wholehearted participation of everyone made the event a huge success! We remain grateful to our Dean, Dr. Srivalli Natarajan ma'am for supporting us in organising these sports events. A huge thank you to all our sports incharges, Dr. Amol Mhatre Sir, Dr. Sujeet Khiste Sir and Dr. Mangesh Jadhav Sir, for backing us and giving us the confidence to conduct all the events. Special thanks to Dr. Vaibhav Thakkar Sir and Dr. Bharat Gupta Sir for always being there for us and guiding us.

To us, this was a new beginning, a new normal. We are grateful for all the enthusiasm and efforts of our students which kept us going and helped us conduct all the events.

-SAMIKSHA GHARAT & SHIVSHANKAR BEDRE
(OUTDOOR SPORTS SECRETARIES, 2020-2021)

-ABHISHEK GUPTA & APURVA KADU
(INDOOR SPORTS SECRETARIES, 2020-2021)

SPORTS REPORT

As a part of MAGNUM 2021 we had organized indoor and outdoor sports events for the students of MGM Dental College and Hospital.

We had organised the indoor sports event from 17th December 2021 to 30th December 2021 in MGMDCH, Navi Mumbai. The event was having 3 indoor games i.e. Chess, Carrom, Table tennis. The Outdoor sports were played at CAP Club, Karnala Sports Academy, Panvel on 20th, 23rd & 28th December 2021.



Table-tennis tournament



BOX CRICKET – Staff v/s Interns

Students from all years, Interns, PGs, Teaching staff and Non-teaching staff participated in the various sports events. Players participated in various indoor and outdoor events like Chess, Carrom, Table tennis, Football, Box Cricket and Throwball.

We would like to thank our dean Dr. Srivalli Natarajan ma'am for always supporting us and allowing us to organize such events. We would also like to thank our sports incharges Dr. Sujeet Khiste sir and Dr. Amol Mhatre sir for encouraging us and helping us make this event successful.



BOX CRICKET MATCH –
Girls



NSS REPORT 2021



NSS Unit of MGM Dental College and Hospital, Navi Mumbai



Creating a Culture of Awareness

Even if we can make one person more aware today than he was yesterday, we're making a difference in the world. The students of the NSS Unit of MGM Dental College strongly believe that awareness is underrated and tried to make their mark by conducting various projects on large and small scales in the year 2021.

Our aim as an organization is to reach the masses and make a difference, through community health camps, awareness drives, as well as indulge educational opportunities to further enrich ourselves. All this, with the hope that someday, our experiences would have inculcated in us a spirit of generosity, inclusivity, service, and love, towards humanity at large.

This year, the NSS volunteers under the guidance of our Program officer, Dr Vaibhav Thakkar, and our Dynamic Dean, Dr Srivalli Natarajan, conducted a variety of projects including Poshan Maah (a food donation drive), Oral Hygiene Kit Distribution, Delete your E-waste (an E-Waste Collection Drive) and Up Mask for No Mask (a campaign asking people to pledge to wear their masks correctly). As part of the annual festival- Magnum 2021, a Tree Plantation, a Blood Donation drive and Swachh Bharat Abhiyaan were organised to commence the festival.

Together, we believe in living life with a purpose, through the opportunities life brings and experiences it builds, that are essential for the holistic growth of the students and teachers.

PROJECTS ORGANISED

ORAL HYGIENE KIT DISTRIBUTION

RASHTRIYA POSHAN MAAH

SWACHH BHARAT

UP MASK FOR NO MASK

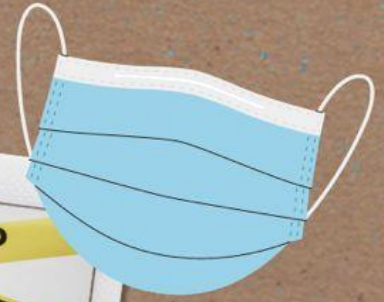
TREE PLANTATION

UNITY DAY

VICTORY DAY

DELETE YOUR E-WASTE

COMMUNAL HARMONY DAY



LIFE DURING COVID



- Interviews of our **COVID WARRIORS**.

- Article on **Corona**- By **Dean, Dr. Srivalli Natarajan**

- **Covid duty experience** by **General secretary, Karishma Jadhav**

- **Things learnt in pandemic** by **Gaurav H, Final BDS**



DR. NEELAM ANDRADE

*(Dean, HOD OMFS, Nair Dental College and Hospital
& Head, Nesco Jumbo Covid Centre)*

Q. Initially when you came across this opportunity to manage a jumbo Covid centre, what were your thoughts about it? What motivated you to go for it?

Initially I was totally devastated for 2 days, I had no clue, how to go about it, how to create a jumbo centre transit hospital in empty exhibition halls. I was blank. Mumbai was in crisis, there were people dying for lack of oxygen beds, someone had to take responsibility. I had a small experience of starting Covid wards in Dental and running a 65 beds set up. Based on that, my strong family support, my dental team, good backing from MCGM authorities and my late father's echoing words, I decided to take each day as it comes and go ahead.



Q. What was the most heart warming moment you experienced while working there?

When patients who were brought gasping and in ambulances went home walking and smiling... When a 34-year-old patient got discharged after being intubated then extubated then retubated then on tracheostomy and finally came out of everything after 73 days and got discharged, when our longest stay patient in ICU i.e. 102 days got discharged and went home, when relatives sent us appreciation letters and messages, when relatives came into the control room and thanked me, gave me flowers and donations and one even made a special memento for me and another gave me a painting, when a son wrote a long message appreciating our work from USA and thanking us for saving his father's life while he was there and could not come down... Many many such instances, including a wall of thankyou messages that patients wrote on in the wards.



Q. You managed to turn an exhibition centre into a jumbo covid centre with so many facilities in no time. What were the major difficulties faced by you?

Major issue was shortage of time. There was loads to do. Getting trained doctors was very very difficult, getting adequate medical supply was very challenging. Many a times I had to depend on donors, CSR during acute shortage when numbers were high, and BMC vendors were running out of stock to supply medicines. At one point in April I was low on oxygen as the vendor failed to supply...those few 2-3 days were a nightmare, I managed overnight when I had only 19 cylinders left and I had 231 patients on oxygen, I rounded up cylinders from other medical colleges, overnight moved my 45 patients on high oxygen need in wards into my HDU section which was yet to start, as here the supply was by LMO tanks and Inox company was giving us regular supply, I found a vendor in Khopoli who was ready to supply and after 18 hrs I got 410 cylinders from there. In the next 4 days I got new oxygen pipelines put, got 23 Duracells and came out of this situation. I did not lose a single life for lack of oxygen. I faced 3 flash strikes by nurses and doctors, I managed to dissolve that and did not let any patient suffer. During the cyclone threat I took over 250 Covid patients from other jumbos overnight in 4-5 hrs who closed down but Nesco was functional. Nesco took the loads of crowds for vaccination; in a day 5000-6000 citizens. Nesco is the only jumbo centre that managed patient care without outsourcing to any agency, even the ICU is the biggest containing 206 beds. Our mortality is also the lowest. Training contract doctors, nurses and ward boys was also very challenging. At a particular time, I had 1800 staff under me and more than 2000 admitted patients, updating the relatives, managing media, political and media pressure, answering authorities and arranging machinery and drugs, oxygen, contracts, managing auditors, attending meetings in virtual or person was all too much.



Q. What was your daily schedule at the centre like?

No fixed schedule, no public holidays, no Sundays. When the waves were at its peak and during the first 3 months, our hours at work stretched for 12-14 hrs late in the night and then on phone at home till I slept by 1-2am and back to work again by 8 am.

Q. What were your thoughts when the vaccines started rolling out to the general public?

I was very, very excited. We started on Jan 29th initially we were given only 2 units, this went to 15units, I was happy that finally we had an answer that would end the pandemic. In March with the general public vaccination, we had a real challenging time and faced crowds of 6000 vaccination daily. It was too exhausting to manage the crowds.

Q. Being a dentist, you managed to run a successful covid centre. What would be your message to drive our budding dentists?

Be confident, challenges come, learn to face them boldly, be focused remember all problems have a solution, look for the solution. Think for others first, divine power is there to take care of you.!

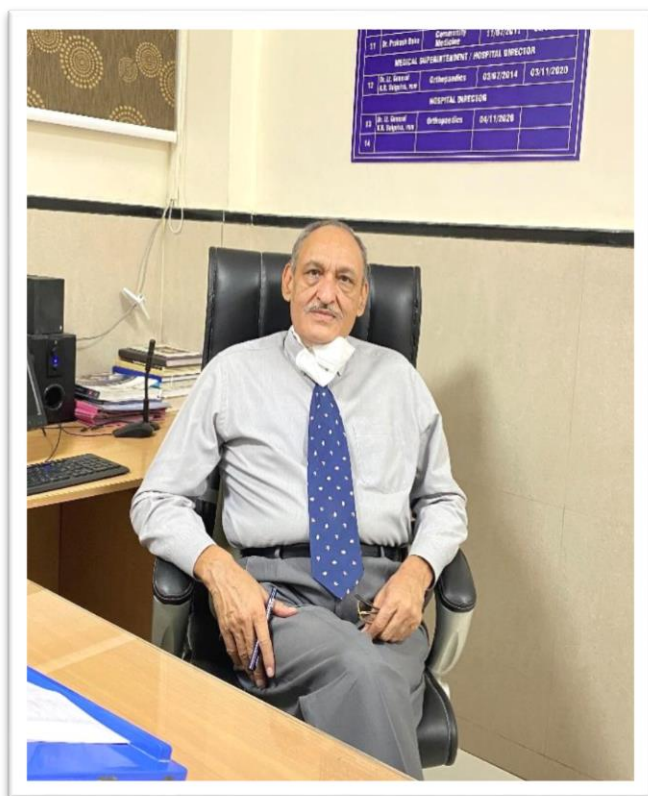
Lt. Gen. DR. K. R. SALGOTRA
(Hospital Director, MGM Hospital, Kamothe)

Q. What were the few major differences between running a regular hospital and a COVID hospital?
 It was a different challenge, Covid-19 was a highly infectious disease which engulfed the world by December 2019. It was recognized in India in March 2020.



This disease created tremendous fear amongst the normal population. The first challenge was making an isolated Hospital, because the disease couldn't be managed in a normal functioning hospital. The hospital was divided into two, right half and left half. Right half was converted into Covid side and left half was the non-Covid side. Separate entrances and exits were made for Covid wing and it was sealed from the rest of the hospital. Infrastructure was created, which included doctors, nurses and other paramedical staff. Also, ventilators and essential medical supplies had to be arranged at a very short notice. This was the time when the Government of India had

declared lock down, therefore, procuring drugs and stores was extremely difficult. Also, the healthcare workers couldn't commute between their residence and hospitals due to lockdown creating further difficulties.



Q. How would you describe the emotions amongst the healthcare workers when COVID was at its peak? How did you manage to keep their spirits going?

Tremendous fear in hearts and minds of healthcare workers was present, and there was a hesitancy to enter in the Covid zone and manage patients. All the healthcare workers, involved in the management of patients were counselled, cajoled and thus, prepared mentally and physically to work in the Covid zone to take care of COVID patients.

It may please be noted that the fear in the hearts and minds of healthcare workers was realistic as this disease was spreading wildly and resulting in great mortality despite the best treatment offered to admitted patients. Not only this, initially even the guidelines given by the ICMR were not clear as to how to manage the Covid patients. The guidelines continued to be evolved during the entire period. Thus, frequent changes were required to be made in the management of patients.

During this dark period, the healthcare workers rose to the occasion not caring for their own health and also the health of their near and dear ones and offered befitting treatment to the suffering patients. Since the disease resulted in unwarranted mortality, despite adequate treatment the fear of infection of the next of kin amongst health care workers was genuine and justified.

The biggest problem faced was how to communicate the health condition of the admitted patients to their near and dear ones as no one was allowed to enter the wards.

For this the hospital created two dedicated information centres and delegated Six nurses round the clock to manage the incoming calls from friends and relatives. Hospital also established a counselling centre which was managed 24x7 by senior doctors who were counselling the patient's relatives frequently.

Q. Unfortunately, violence against doctors is something we see in the news from time to time. Did you have any such incidents at your Covid hospital too?

The mortality was exponential and sometimes people reacted and were violent against the doctors and healthcare workers. Their reaction on the death of a patient was justified.

However, due to adequate measures taken there was not a single incident of a doctor or a healthcare worker being manhandled by the relatives. Yes, heated exchange of words at times could not be avoided.



Q. What was the light at the end of the tunnel moment for you while working at the COVID hospital?

The first phase of the pandemic started declining in September–October 2020 and there was little respite for the healthcare workers.

However, in March 21 again the second wave of Covid started. The second wave was worse than the first Wave, in that mortality was higher than the first wave and younger patients were succumbing to the disease as compared to the first phase.

During this wave small children and young adults got infected. It was more difficult to control the circumstances during the second phase as compared to the first. Finally, the second phase also gradually declined by July–April 21. As the pandemic receded, it brought relief for the health care workers. The disease still continues to occur though the number of cases has decreased. The Hospital continues to manage an isolation ward and Covid ICU services for the COVID-19 patients.

Q. There would have been times when the beds in the hospital may not have been available. Being a doctor, it would have been really difficult to refuse critical patients, how did you deal with this and what kept you going in these situations?

Fortunately, our planning for COVID-19 patients was executed with such minute details that we had sufficient beds even at the peak of the pandemic both in the first phase and second phase.

No patient ever was refused admission in the hospital. Therefore, shortage of beds did not affect the functioning of the hospital.

Q. How did your family support you during this time? Were they ever sceptical?

Personally, I managed the COVID-19 patients in the Covid zone through hierarchy of medical director, Dean medical College, myself and the whole faculty of MGM Medical College and Hospital, Kamothe.

I was functioning from 9 am -7 pm every day and also remained on telephone call 24/7.

My family was definitely worried about me I also could have taken the infection to my family members. However, they were told, explained, counselled that Covid work has to be executed in the best interest of the hospital, institute and the country. In that, my family members gave me full hearted support during management of the Covid episode.

I literally used to be scared of going near my dear ones, lest I become the cause for spread of infection to them. I was even more scared, to see my two-year-old granddaughter. There were times when I maintained distance from her. All in all, it was a mixed experience, full of fear and the family blessings worked.



Q. COVID is yet to be completely eradicated. What is your message to our readers regarding it?

Covid is still there and will continue to affect the population, therefore it is our duty as healthcare workers that we take precautions ourselves and also spread the message in the population for prevention of this dreaded disease of the century. Appropriate Covid behaviour should be observed and implemented by all individuals at all times till the government of India declares the pandemic to be over.

Q. Were you or any of your family members ever infected with the COVID-19 virus?

I was infected myself and in all possible reasons that I infected my wife too. Both of us have suffered from COVID-19 infection but fortunately, we did not develop any life-threatening complications.

Thus, God has been great to both of us.

DR. VARNIKA KALA

(Emergency Medicine, PG Resident)

1. Resident doctors constituted a major part of the frontline workers. Could you tell us your thoughts during the first wave?

There were many things. The first thing was I and my colleague Suraj were the first people to be posted in the COVID ward & at that time it was so new that no one had any idea about anything.

There were so many patients coming in and frankly we didn't know how serious it was.

We were informed of the depth of the situation but being in EMS we've always worked around serious cases so we didn't realise it was that bad.

So, we started working around all the respiratory involvement cases and those who were COVID suspects. Over the course, it became apparent that the situation was worse than we'd imagined.

While I was treating the respiratory patients I got TB, but I still continued to work in the Covid ward after a short leave and then I too got infected with COVID.

At the time of first wave, everyone panicked. One of our seniors who had contracted COVID, developed serious ARDS.

He required BI-PAP so that brought in more fear and anxiety.



2. Despite having different specialisations, all residents were asked to work with covid patients regardless. What was your reaction to it?

That was actually amazing because not just the clinical branches but even the non-clinical branches were posted in Covid duty. Everybody was so helpful to the cause; I remember even the dental hospital was posted in the Covid wards. I didn't see anybody who refused to work, they actually volunteered to help in spite of the risks.

3. You were in direct contact with Covid patients. How was the experience working for them?

It was scary, because in the first wave, the situation was quite serious. More than the first wave, in the second wave the death rate was so high, sometimes as high as 10 deaths, a day. There would be situations when you would see whole families getting destroyed. We had all these cases in which we saw broken families everyday like parents dying leaving children behind or 25-30 year olds dying leaving their parents behind so it was pretty taxing. As I was suffering from TB already, it was even more disturbing to witness these cases and that makes you worry about what if... At that time, Dr. Patro Sir was there and active in the cause but when he got Covid and he passed away, it was heart-breaking.... Following that a few of our residents also got covid, one of our residents, Dr. John Anaesthesia resident, who was a known CKD patient, also contracted Covid and he passed away...It was devastating. And thinking of all the deaths and families while not being well due to TB was traumatic.



4. Were you afraid of contracting the deadly virus? What inspired you to keep going?

Actually, initially I was not afraid. Once I was diagnosed with TB, even on my sick leave for the first 20 days, I felt like I was missing something, like I was unable to help out my juniors and co-residents. I actually opted to come back to the ICU! My HOD was kind enough to put me in the OPD, but I chose to come back and help in the ICU. So yeah, I was never afraid for my life but the situation made us worried.

5. You would have not met your family for months while working on the frontline. How did your family react to your decision to serve covid victims?

Yeah, that was the toughest part not just for me but all of us residents. We could not go home and flights were cancelled then. Also, for that entire 1 and a half month, there was the fear that even if we meet them what if they get Covid from us. My parents were not so enthusiastic about it but they were proud at the same time. They were a little hesitant after I got infected with TB, but they still supported me along the way.



6. Can you share any memory while working in the Covid wards that you will always cherish?

I don't think there was anything I would cherish. Since we lost so many people during that time, it is hard to find a light in those memories. I pray that we don't suffer that worse again with Covid. There were a lot of young patients then and they would all talk to you with tremendous fear and looking for hope. There was this one particular pregnant female patient, she kept telling me through the night that she's not going to make it and we knew that eventually she'll make it, but she got so scared that she removed her mask and by the time we ran to her, her respiratory rate had gone up and her ARDS had worsened. But luckily, we were able to save the baby. The only good thing was that everyone came together to work for this cause and that was amazing. People really didn't care about their own lives. Even my senior Dr Sagar Sinha Sir, who headed the covid ward, made sure that he came every day. Specifically, I want to mention Dr. Aditya Naik Sir and Dr Sagar Sinha Sir for their great contribution, it was truly inspiring. There were inspiring moments but nothing to cherish at all.

7. Were the residents ever scared to be working in Covid wards?

So, there was this one instance, I had just reported for my duty, it was my night shift as soon as I entered one patient started desaturating and the moment we intubated him, the next one started desaturating and then the third patient went into arrest, simultaneously we had total 5 patients who went into arrest. It was crazy. So that part was difficult, but other than that we were never scared once we were in the zone.

8. You've been a perfect example of a real-life hero. What would be your words to inspire our readers?

I don't think like that at all but I will say that respect for my profession grew in my eyes, especially for my branch EMS as it was not so well recognised in the country and honestly, I chose it purely because of passion. But after I served in Covid and I saw what we're capable of doing it just reinforced that it was a good decision.

CORONA VIRUS—A LILLIPUT PATHOGEN HOME TO A BROBDINGNAG TRUTH

To me the Covid lockdown was a paradox because it unlocked several life changing truths. It has been an eye opener, an experience which would leave an indelible mark in my life. First and foremost, this entire situation forced on us, has taught us to be confident and handle adversities with grit and a positive spirit. In nature, everything is in balance. If this is disturbed – and the human race is the most potent disturbing force – disaster strikes. Covid-19, in a way, is nature's way of correcting a technology, sophistication, and progress-motivated, human population.

In India, it has highlighted a gaping hole in the health sector. Rs 68000 crores – 1 % of the GDP – is a meagre allocation for the health sector. Skill development of the workforce must be paramount. With better delivery of health care services, it must reach all, effectively and expeditiously. Epidemiology units must be set up in each district. Uniquely designed infectious diseases units with isolation strategies must form a part of all hospitals. More humane medicine must be developed. Despite the hazards and constraints, many of the covid warriors in the form of medical practitioners and conservancy workers have toiled day and night to help the suffering. Also, the tireless work of research laboratories to find a lasting vaccine is an act of great sacrifice. This has revealed the nobler side of human life and has instilled the thought that one should rise above the common level at adverse times to alleviate the suffering of humanity.

Covid-19 has other lessons to offer too. It has inculcated in us self-reliance. The plight of the impoverished, has become glaring, thus creating an awareness. Covid-19 has opened up the hiatus between the 'haves' and 'have-nots'.

In the education sector, the blow is pathetic and severe. Online classes—a product of lockdown, is a blessing but not everything can be covered as in a classroom. This has forced us to think, to explore, to walk an extra mile to learn and these attributes for sure will benefit in the long run. However, the flip side is that India must develop necessary infrastructure, teaching, and training facilities, to counter such emergencies. During the pandemic, the villages were totally obliterated from the education map. Curriculum must be revamped to facilitate 'on line' delivery.

The wheel has turned one full circle. The age – old forgotten concepts, like cleanliness, washing, systematic food habits and life style, have now reappeared.

Pandemic has made more time available for family interactions. The problems in vaccination have made global thinking, participation and information exchange relevant and an immediate need.

So COVID-19 is not all bane. It has also impressed the need for course correction on an errant world, inebriated with technology and sophistication, totally oblivious of the humane side of life. An infinitesimally small microbe has brought the world to its feet, laying bare its vulnerability and tearing off its ego.



**-DR. SRIVALLI NATARAJAN
DEAN,
MGM DENTAL COLLEGE AND HOSPITAL**

COVID DUTY EXPERIENCE

Covid - 19, hit the world in March 2020 and since then life has never been the same. Lockdown after lockdown, restrictions to go outside the house were strictly imposed and yet the number of cases and fatalities kept rising day by day. Somehow when the numbers began settling, we, the Interns batch of 2020-21, could finally start with our internship in January 2021.

It was different than the pre-Covid world. Wearing masks, social distancing and the constant thoughts at the back of the mind of contracting Covid.

Thankfully the vaccines were ready, and our entire batch was vaccinated at the NESCO Jumbo Covid Centre, Goregaon.

Just as we thought that things were getting back to normal, the second wave of Covid cases was back to haunt us during the months of April-May 2021. We would still travel every day to college and work for patients who needed dental care. Soon it was announced that Interns will have to join our medical counterparts for "Covid duty".



Initially everything was in a hush hush tone. Nobody knew what to do. The news was confirmed. It was time to gear up for Covid duty. Initially, I could sense a general fear amongst everyone- not the fear of getting Covid but the fear of passing it on to our parents and loved ones. As young, fully vaccinated interns, we were at a low risk and hence there were most interns who agreed for the duty. But still, there were questions we had in mind - "What are we really supposed to do?", "What if my parents get Covid because of me?", "How will I manage dental college work and Covid duty rounds?" and so on.



I, as the General Secretary of MGDMDCH, also had the major role of sorting out a timetable for everyone. And trust me, it was a tiring process. Somehow, I managed to make it acceptable for all and the duties began.

I remember, for my first round, I was posted with my batchmate and friend, Tanvi Mandlik in the Covid Fever OPD, right next to the Semi-ICU. Thankfully, we were oriented prior to our duty by the faculty and PGs of Oral Surgery with basic hospital rules, procedures such as I. V, I. M Injections, CPR etc. However, there was still a sense of confusion in our minds.

The first day was a Morning shift and we were posted with 2 Medical Residents and Nursing staff. They gave us a basic orientation and the patients began to pour in. We had patients who were symptomatic and not tested RT-PCR Positive, positive tested patients, patients who were asymptomatic, patients who just wanted to get RT-PCR done for travel purposes and patients who were extremely critical. It was hectic. We would divide our work but still would get exhausted at the end of the shift.

On the first day, our residents showed us how to take an ECG once and then we were expected to know it and perform it well. There was a female patient who had chest pain, I took an ECG and she turned out to have STEMI. It was shocking. It felt like too much was happening in too little time. We were literally running and getting things done for patients. A patient arrived critical in an autorickshaw! Due to less manpower, it was Tanvi and me who helped lift the patient out of the auto and onto a stretcher. It was crazy. Patients would come breathless needing

oxygen and we would run to set up a cannula or NRM mask with oxygen. We were assigned to take complete case history and make the admission papers for these patients. We would also write long prescriptions for patients who were advised to quarantine themselves at home.

The night shift was what we both were scared of the most. It was a 12-hour duty. The first night, I will remember for the rest of my life. On that dreadful night, we had ambulance after ambulance coming in every 5-10 mins with critical patients. We both would run and climb up the ambulance with our BP apparatus and Oximeters to check the vitals quickly and update our residents so that a decision for that patient could be made. On that night there were 3 ambulances in a line, all at once and we didn't know whom to attend first. I remember a patient, who had severe dyspnoea was brought in and needed to be intubated. I assisted our resident for intubation. There was a shortage of ventilators that night and this patient needed mechanical ventilation with the intubation and ambu bag. Tanvi and I along with 2 medical interns would take turns to do so. I think that night we didn't get to sit even for a minute. I was so tired beyond explanation. We never got the chance to even take a nap! Yet we put a brave smile on our face and carried on.

The second night seemed calmer comparatively initially, however, we saw deaths back-to-back. Young patients were dying. I remember saying silent prayers in my heart while I helplessly watched the patient's SpO₂ fall to Zero and saw him collapsing. Three deaths in three hours. It was heart-breaking. And what was more disheartening was our helplessness.

Suddenly at 3:30am, another patient became critical, and the Jr. Resident came running to ask if we knew how to perform CPR as she needed more people to do so in rounds. I went running. It was the first time ever that I actually performed what I had only studied in my books. I gave CPR. But unfortunately, we lost him. All this was taking a toll on my mental health too. Managing everything was becoming difficult. I was staying away from my parents in a different house and had to do all the chores by myself after the exhausting covid duty. My mother would send tiffin for me. Things were tough.

My second round of duty happened after a week of the first one. This time I was posted in NMMC Ward on the 4th floor of MGM Hospital. The number of patients there were comparatively less and were also not critical. The situation in the country was also getting better. I would take rounds, check for vitals and do the 6MWT (6-minute walk test) to check their SpO₂ levels. I remember one of the female patients was so happy when we went to say goodbye. She was being sent back home in an ambulance. She smiled and said "Thankfully, I have recovered and now I don't want to see a hospital again". She waved us goodbye and it was gratifying to see her happy and recovered from Covid. Our duty ended much earlier than expected as patients were getting discharged and things began to settle.

This period was exhausting but gave us interns a lot of exposure, knowledge and experience. We truly felt like frontline workers who contributed to the well-being of our patients in our own little ways. I'm emotionally enriched by this experience. I realized that life is so fragile, anything can happen any minute. I know for sure that as a person, I have gained a new perspective for life, for which I'm grateful.

Thank you so much to our former dean Dr. Vanitha Shenoy ma'am who gave us this opportunity. Our heartfelt gratitude to our HOD OMFS and current dean, Dr. Srivalli Natarajan ma'am, who took the effort to arrange a basic training session for us which proved to be helpful. This wouldn't have been possible without the support of our teaching faculty and PGs. This one experience is surely what I shall remember for the rest of my life.



-KARISHMA JADHAV, INTERN

THINGS LEARNT IN COVID :

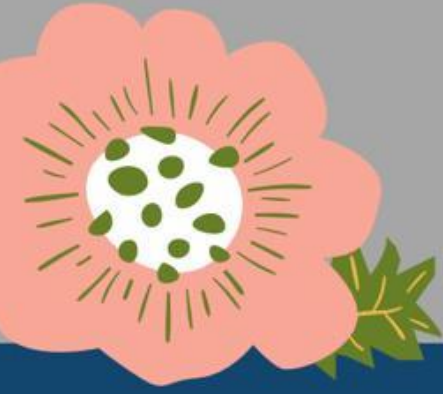


Fabrication de chocolate

As rightly said , " Allow curiosity to lead you to wonder". Curiosity, Lockdown and my love for chocolates lead me to give a try to bake chocolates. I didn't expect lockdown would give me a chance for this experience. Though it seemed very easy to start with it , when I explored some of the youtube videos, but initially it was a little tough to melt the chocolate cake on right flame and get adequate consistency and texture but later I got well versed with the trick. After melting , I poured the melted chocolate in beautiful moulded trays which I bought from market and garnished them finally with chopped dry fruits. This all made worth when my little effort bought smile on my momma's and papa's face.



- Gaurav Hinduja, Final BDS



PRESENTING for the first time:

MGM CLUBS

• KALAM



• ARTVILLE



• MUSICAL STRINGS



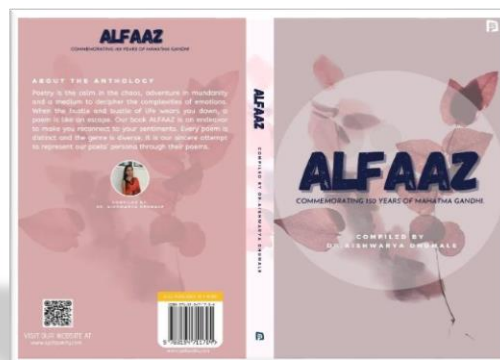
KALAM KI KAHANI

Literary expression is a form of art that intrigues the quiet souls. Every institution has individuals who possess good artistic skills but are more eager to voice their ideas and opinions through writing. This very thought planted the seed for our Literary Club in our annual festival, MaGnuM 2018. This initiative to hold annual literary events was taken by one of our very own students, Dr. Aishwarya Dhumale, an innovative poet and writer, under the able guidance of Dr. Sabita Ram ma'am and Dr. Sarika Shetty ma'am. And thus began a highly creative and enriching journey of literary expression that continues to engage shy minds, to this day.



Over the last three years, numerous events like poetry and essay competitions, theme-based writing, Shayari, Taboo, have been conducted under the Literary Club. For grammar Nazis and budding novelists, activities like Spell-bee and storytelling were introduced. To commemorate and compile the literary work of all our writers and poets an anthology named 'Alfaaz' was published, co-authored by fifty writers.

Having witnessed such a great response from participants for the Literary events, an official Literary Committee was formed, in-charge of planning, organizing, and managing Literary events for the academic year. Apart from the annual events, the literary committee contributed to the preparations of various events held in the college premises. The Literary in-charges with the help of the team contributed to the crafting of the Pledge for the 'Up Mask for No Mask' signature campaign, an initiative to increase awareness about mask etiquette and combat COVID-19. An essay competition was arranged on the theme of 'Organ Donation' to promote awareness on the subject. To officiate the Literary Club, this year, the name 'Kalam', was coined and the inaugural ceremony was held on October 8, under the passionate guidance of Dr. Sarika Shetty ma'am and with the support of our Dean, Dr. Srivalli Natarajan ma'am. The inaugural ceremony began with the unveiling of the Kalam logo, designed by the Literary Head, Sanika's sister. The logo depicted the thought behind Kalam in a very captivating manner- the feather (Kalam) serves as a pathway for flow of creative thoughts and ideas into the nib of the pen, which in turn is the key to unlock literary creativity and potential. The function included an inspiring and relatable lecture by Dr. Mahesh Abhyankar, MBBS, a published author and physician. Poetry and essay competitions based on the Life of Mahatma Gandhi ji were also held.



Under Kalam, the committee organized two important events- the Communal Harmony Campaign Week Writing Competition and Donation appeal and 'MehFeel', a Zonal level writing competition in November 2021. As a part of the annual MaGnuM festival, the committee organized two events, namely Shayari and Taboo on December 28 which were a grand success.

Furthermore, the Literary Committee has a series of old and new projects planned to keep this innovative tradition going far and long and looks forward to bringing new talent to recognition in the future.

ARTVILLE

ARTVILLE is the Art club of MGM Dental College formed in 2021 as a unique initiative by our Dean, Dr. Srivalli Natarajan Ma'am and IQAC Co-Ordinator, Dr. Jigna Pathak Ma'am under the guidance of Dr. Ankita Deshmukh Ma'am and Creative heads Saranga Mahajan and Apurva Kurhade. Artville was inaugurated on 6th October 2021 by our very own Dean Ma'am, all the Heads Of Departments and our chief guests Dr. Vaishali Das and Dr. Ketan Naik. The club encourages everyone to bring forward their artistic side, to explore and express themselves and helps gain personal insight and in the development of new skills.



ARTVILLE provides an amazing opportunity for all artists to showcase their art works, learn new things through workshops, to share and enjoy different art forms with peers and participate in various creative activities.

The club organizes various events, workshops and art exhibitions. Recently Diya painting event and Painting Competition for Communal Harmony Campaign was organized by the Art club. The club also designed the sticker for the Communal Harmony Campaign.

Artville members decorated the College premises for our Annual festival, Magnum 2021. Thus, it encourages young dental professionals to pursue their hobbies along with their stream providing them with a stress buster in their free time.



MUSICAL STRINGS

Musical Strings is a Music club of MGM Dental College formed in 2021 by a unique initiative by our Dean, Dr. Srivalli Natarajan and IQAC Co-Ordinator, Dr. Jigna Pathak under the guidance of Dr. Manisha Bhosle. This club was inaugurated on 24th November 2021 by Dean, HODs and chief guest Pramod Sarkate Sir and Swaraj Sarkate Sir, Director and Co-director of MGM Rythm on the occasion of Communal Harmony week celebration!



This club had organised it's very first event on the day of Inauguration, 'Rhythm - The sound of Music' by a phenomenal singing and instrumental competition whose judges were our chief guests. We had overwhelming participation by all our students as well as Post Graduates.



This club encourages the talent of the people and becomes a medium through which they can express themselves which is indeed the best remedy of this time as Music is the language all can understand.





AROUND THE YEAR

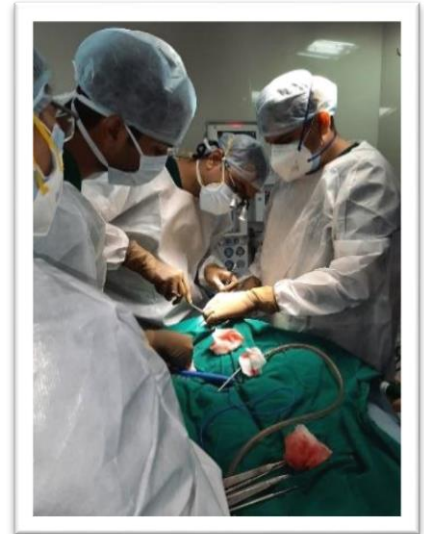


- ~ INGA FOUNDATION
- ~ ACHIEVERS' OF THE YEAR
- ~ BEYOND THE HORIZON



INGA FOUNDATION

A New team of Comprehensive cleft and craniofacial unit has taken up the torch from Dr. Gaurav Deshpande and Dr. Rasika on 1st June. Dr Adil Gandevivala, is incharge of the unit, Mrs Sangeeta Dave is the office administrator, Mr Balaji Sagar is the recruitment manager, Dr Varsha Patel is the patient counsellor, Mrs Ankita Patil is the sister, Mr Naresh Patil is the O.T technician. Under the guidance of Dr. Srivalli Natarajan, the center has successfully treated 800 cases till August 2021.

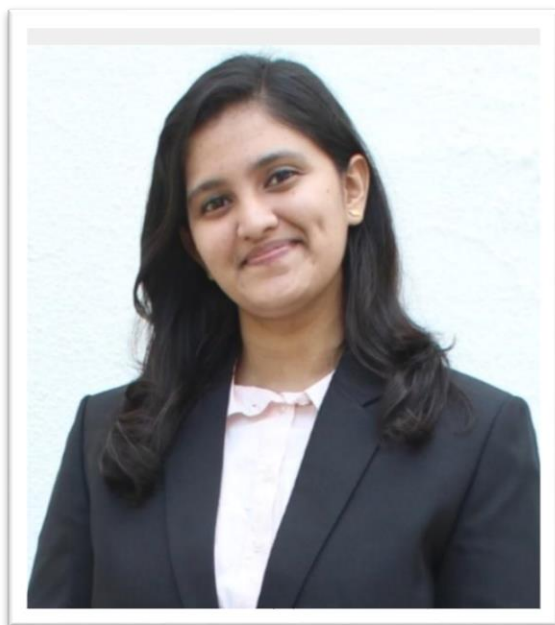


Various donor events, screening and follow up outreach camps are being organised.

The aim is to make Raigarh district cleft free, train more surgeons and students, and to improve the quality of life of the patients so that they lead a normal life in the society.



FELICITATING ACHIEVERS OF THE YEAR 2020-2021



KARISHMA JADHAV, INTERN

PIERRE FAUCHARD AWARD 2021

Karishma Jadhav received the Pierre Fauchard Academy International Senior Student Award 2021 for outstanding academic excellence in dentistry

INDIAN ACADEMY OF ORAL MEDICINE AND RADIOLOGY (IAOMR) AWARD

Awarded for the highest scorer in the subject of OMDR at the Final Year MUHS Summer 2020 examination.

FAMDENT 2021

- Final Year BDS student, **Sritej Jagtap** of MGMDCH was felicitated by the most prestigious National Award FEDA- Famdent Excellence in Dentistry Awards 2021 “*Student of the Year- UG*” among all dental colleges in India.
- Final Year BDS student, **Karishma Jadhav** was also felicitated by the same for “Highly Commended Student of the Year (UG)” Award.



SRITEJ JAGTAP, FINAL YEAR

UNIVERSITY TOPPERS



**SHIVANG RAJESH OJHA,
SECOND YEAR**

SHIVANG OJHA, 2ND YEAR BDS

achieved the 4th position in the 1st year at the MUHS exam
-He is also the 1st rank holder in 1st year BDS in his class and the topper in all 3 subjects.

RHEA D'CUNHA, THIRD YEAR BDS

achieved the 2nd Rank in MUHS Summer 2020 examination in 2nd Year and was also the Subject Topper in General Pathology & Microbiology in MUHS Summer 2020 in 2nd Year.



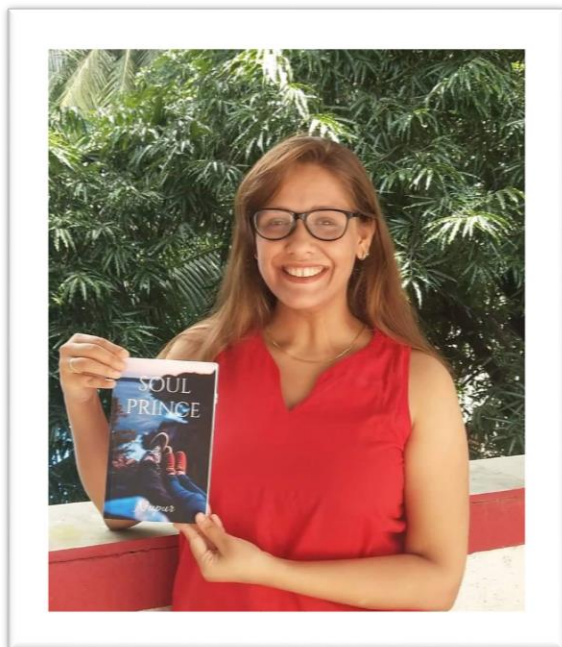
RHEA D'CUNHA, THIRD YEAR

ACHIEVER'S SECTION

SR. NO	NAME	PRIZE
1	Ishika Shetty - 1st BDS	1st prize in essay writing competition by income tax department
2	Khushi Hole - 1st BDS	2nd prize in essay writing competition by income tax department
3	Shruti Pathak- Final BDS	Organ Donation Day Debate Winner
4	Atharva Joshi- Final BDS	Organ Donation Day Debate Winner
5	Chaitanya Pinge- Final BDS	Organ Donation Day Debate Winner
6	Rhea D'cunha – 3 rd BDS	Third place in E-Poster National Level Competition in GDC Mumbai
7	Gaurav Hinduja- 3 rd BDS	First place- National Level- Oral Hygiene Awareness - Video making competition - GDC Mumbai
		First place - National Level- Poetry- DYP ICONIC
		First place- State Level- Paper Presentation-Epiphany- M A Rangoonwala
		First place- National level- Video making- X-PERT-DY PATIL
		Third place- National level-Videomaking-DENT_ART
8	Neha Sawant- Intern	1st prize: Poster presentation at DYP Iconic 2020
		3rd prize: Painting Competition at Samayata 2021
9	Charlotte Saldanha- Intern	1st prize Cynodent 2020 poster presentation
		Runner up Cynodent 2021 poster presentation
10	Sagarika- Intern	3rd prize: Poster presentation at DYP Iconic 2020.
11	Prachi Tipare- Intern	1st prize in Poster presentation at Samayata 2021 (IADS)
		1st prize in Poster presentation at Quest 2021 (Coorg Institute of Dental Sciences)
12	Uzma Memon- Intern	3rd prize in Poster Presentation at Epiphany 2021 (M. A. Rangoonwala College of Dental Sciences)
13	Richa Saroj- Intern	3rd Prize: Painting Competition at Samayata 2021
14	Aakanksha kedar- Intern	2nd prize in solo dance and 3rd prize in duet at MSDC CONFERENCE Baramati
15	Poonjee Gupta – Intern	2nd prize Cynodent 2020 poster presentation
16	Deepti Gone – Intern	2nd prize Poster competition National Dentist Day 2021
		1st prize Rangoli Competition National Dentist Day 2021
17	Aditi Rane- Intern	3rd prize Poster presentation Cynodent 2021
18	Mariam Ramakdawala- Intern	3rd Prize in Paper Presentation at Epiphany 2021
		1st Prize in Poster Presentation, National Dentists Day 2021
		3rd Prize in Poster Presentation at Dentcon Panvel 2020

<u>19</u>	Karishma Jadhav – Intern	2nd prize in Extempore elocution competition International Women's Day 2021
<u>20</u>	Apurva Kurhade- Intern	1st prize in soap carving competition on women's day
		3rd Prize in Group Dance Competition, MSDC Conference, Baramati
		2nd prize in Rangoli competition on national dentist day
<u>21</u>	Rutuja Kadam- Intern	3rd prize in Group Dance Competition, MSDC Conference Baramati
<u>22</u>	Tanvi Mandlik- Intern	2nd prize in E-banner competition, National Dentist Day 2021
<u>23</u>	Krinal Pistolwala- Intern	1st prize in quiz, International Women's Day 2021
<u>24</u>	Soni Gupta- Intern	1st prize in Rangoli, National Dentist Day
		Runner up in Dent-essence Poster Presentation 2021
<u>25</u>	Sanika Gokhale- Intern	3rd prize in Essay competition- Organ Donation Day 2021
<u>26</u>	Saranga Mahajan- Intern	1st prize in Painting Competition Martyr's Day 2nd prize in Rangoli competition National Dentist Day
<u>27</u>	Gauri Potdar- Intern	1st prize in chess -sports
		Runner up in Dent-essence poster presentation.
<u>28</u>	Pooja Rathod- Intern	2nd prize in Rangoli competition National Dentist Day
<u>29</u>	Sonali Gore- Intern	1st prize in Painting Competition - Oral pathology day
		3rd Prize in Rangoli competition- Organ donation Day
<u>30</u>	Varun Keskar- Intern	2nd prize in Table Tennis duo at MGM Olympics Aurangabad
<u>31</u>	Asmita Kokare- Intern	3rd prize MSDC Conference Baramati for group dance 2021
		3rd prize for oratory competition for organ donation.
		2nd prize for yoga competition
<u>32</u>	Monika Sah- Intern	2nd prize in painting competition Martyr's Day 3rd prize in Rangoli competition National Dentist's Day
<u>33</u>	Apurv Kinkar – Intern	2nd prize in Table Tennis duo at MGM Olympics Aurangabad
		2nd prize in Athletics Relay Boys at MGM Olympics Aurangabad
		3rd prize in Athletics 100m Boys at MGM Olympics Aurangabad
		3rd prize in Dance Duet at MSDC Baramati
<u>34</u>	Bhoomi Shah- Intern	1st Prize in Extempore elocution competition International Women's Day 2021
<u>35</u>	Rakshit Patil – Intern	2nd prize in Athletics Relay Boys at MGM Olympics Aurangabad
<u>36</u>	Shivshankar Bedre - Intern	2nd prize in Athletics Relay Boys at MGM Olympics Aurangabad

BEYOND THE HORIZON



SANIKA GOKHALE, INTERN

Sanika Gokhale of MGMDCH authored her very own book 'Soul Prince' under the pen name *Nupur*.

'Soul Prince' describes the life journey of a young 15-year old Rose who was unaware of the unexpected turn of events destiny had in store for her.

Sanika Gokhale also writes amazing poetry and articles, and happens to be one of the incharges of our college e-newsletter. She is also the Literary head (2020-2021) of our college.

Another such talented and published author of MGMDCH is **Asmita Kokare**, who also authored her very own book 'The Track'.

In her own words,

"Once, during our college fest, I wrote a poem and I had a sudden realization that I can write! I always wondered why books don't usually have any pictures? Why can't there be a story that everyone can relate to?"

"The Track" was my answer to it.

It is about a murder mystery, It describes the love story of a young medical student with a powerful Politician and the journey she goes through because of it."



ASMITA KOKARE, INTERN



Literary

Poems, Essays and Book reviews



मुसाफिर..

मुसाफिर हु मैं
मुझे मुसाफिर ही रहेने दो
मत उलझाओ मंजिल के जाल में
मुझे सफर में ही रहने दो
माना अभी घना है अँधेरा
मगर अगले मोड़ पर सवेरा भी होगा
आज हारा हू मैं तो क्या हुआ
कल जीत का शोर मेरा भी होगा
अंजानी इस राह पर मैं अकेला ही चल पड़ा
खुद ही गिरा खुद ही संभला ,मैं और बेहतर हो चला
जीतका जज्बा जो मेरे दिल में धड़क रहा है
उसीके बदौलत गगन में मेरा विजय ध्वज फड़क
रहा है
पहुंचा मैं मंजिल पर ,पल ये बहोत खास हैं
मगर सफर ने मुझे बहुत कुछ सिखाया, इस बात
का भी मुझे एहसास है
ऐ मुसाफिर चलते रहना, जितेगा तू सबर रखना
मजा लेना सफर का मगर मंजिलकी भी खबर
रखना

Suryank Ravindra Udasi
(I BDS)

युवा

वक्त की बनावट का अंजाम है हम
मुश्किलों को मुश्किल में डाल देते है कमाल हैं
हम
टकराजाते हैं बेधडक चट्टानोंसे
जीत का बेमिसाल पैगाम है हम
धूल चटा देते हैं आंधीको तूफान है हम
बुझादेंगे अंधकारकी अग्नि को जलसैलाब है हम
और छल से हमें कोई क्या हराएगा
चाणक्य की पूरी किताब है हम
देशके जवान, मेहनती किसान हर जगह है हम
चाहे वैद्य की यशास्त्र हो या हो विज्ञान
नए भारत की मजबूत नींव है हम
सुनहरे सपनों की और चल पड़े
देश के युवा है हम

Suryank Ravindra Udasi
(I BDS)

पावसाच्या सरिंनी मन आज भिजून गेले
आणि पुन्हा आठवणीच्या दारात नेऊन
सोडले...
आठवताच जुन्या आठवणी सगळ्या
मन आज भरून आले
मन आज भरून आले....
ठरवले आता नाही जगायचे भूतकाळाच्या
दारात
पण वर्तमान अडकून बसलय त्याच
दारात,
आज पाऊस पडतोय नव्या आठवणीचा
आज... पाऊस... पडतोय... नव्या
आठवणीचा...
पण डोळ्यात साठवून ठेवलेला पाऊस तो
मात्र जुना
तो पाऊस मात्र जुनाच....

-POOJA RATHOD
(INTERN)

तू नसताना....
चंद्राच्या प्रकाशात तुला बघणे
तुझ्या सोबत बोलणे
आठवणींच्या पाळण्यात झुलणे
कधी शब्दविन बोलणे झाले
कळलेच नाही, तू नसताना
तू नसताना....
मोबाईलच्या गॅलरीत तुझे फोटोबघणे
गाण्यांच्या शब्दांमध्ये तुला शोधणे
सतत तुझाच विचार करून हसणे
कधी शब्दविन बोलणे झाले
कळलेच नाही, तू नसताना
हो हो तू तू तूच नसताना....

-POOJA RATHOD
(INTERN)

GANDHI-THE MAHATMA

The epitome of sacrifice, the idol of young voice,
 the reason of our independence, the cause of our ascendance,
 the symbol of non-violence, the strength of peace and silence,
 the lesson of humanity, the solution of calamity.
 We bow our head in gratitude to the father of our nation.
 You are the light of our hope and source of our inspiration.

-DISHA SOMANI, I BDS

THE GIRL

The girl who is slapping her face with fairness
 creams... Because she was always told that
 her skin tone is ugly....
 The girls who do have some opinions....
 But no one even considers that.....
 Because she is not bold as others.....
 The girl who knows no one likes her....
 Because she was always told that boys only
 like fair
 girls....
 The girl who knows her presence doesn't
 even
 matter for anyone.....
 Because she is not confident as others....
 The girl who is still in the hope that one day
 they will realise her feelings..... And accept
 her the way she is....
 The girl who is still in the hope that....
 One day they will stop judging her by her
 looks and
 skin tone....
 What if she is not attractive...?
 What if she is not fair...? Even Dairy milk has
 more fan following than milky bar....

-KHUSHI HOLE, I BDS

PAPA

The person after mother,
 The device whose god is creator, sometimes
 stuck between what do I call you? A lover or
 a hater.
 Because when you start caring, it seems like
 an ocean of love. But when you start
 scolding, it seems like flood of hate.
 You are not only mine,
 but the whole family's backbone. But I know
 your back pain, which you have never
 shown.
 No one in this world can replace your place.
 Daughters are papa ki pari -the world says,
 yes papa I am your princess.
 But you have always treated me like a
 lioness.
 No matter if I am right or wrong, with you I
 feel myself strong.
 When I know that one day will come,
 When you will leave my hand free and say,
 It's time to fly away. Go and explore the
 world in your own way.
 But papa for lifetime for me, why can't you
 stay?
 Papa I don't wanna walk alone, don't leave
 me alone, I am not grown. But papa I
 promise, that one day I will stand up on my
 own.

-KHUSHI HOLE, I BDS

A shining hope amidst the darkness.

Of answered prayers, possibilities amongst improbabilities.

During my most-giving-up moments I wish for you all to be there by my side. I accept your absence while still thanking Him for your presence. You were always an answered prayer because you are the face looked for after a long tiring day, the rest and comfort I yearned for on days ending on drenched pillows, Y'all are that good thing I longed to happen to me after all the day aches had.

There is a whole other world hidden in this one four letter emotion we call 'love'. A world that can manage to make you trust and try again, despite your fears and doubts. A world that elucidates things that you can't fathom before you feel the shivers it carries down your spine. It makes your heart believe in things and know of things that are wonders to others. Coming from a generation of love in flings and swipes, the fidelity it holds befuddles me. We are a generation who fails to understand the purity that lies within the intricacies of it. We draw a thin line between physical and emotional and often forget to move past the line. Amongst these propounded versions of love is our reminder of the old-school presence that celebrates the tranquillity and calmness that comes along with this taken for granted emotion.

You know of those certain moments when you're left afloat in a sea of emotions, no force can pull you down regardless of the weight your ankles have tied onto them, allow it to leave you there. Let it be the reflection of the people who will give you happiness because they want you to be just like you are supposed to be. The people who love you for you and all you are meant to be. The people who hold you between their palms as they pray.

-RUTUJA TEKALE, I BDS

Silent luring of my native

To have been born here,
near the sea,
fellow fishermen hurling nets
through the silhouette,
or having felt the jagged edges
of these battle-scarred boats,
cupping the frothy waves turning lucid,
biting through scalpel-scaled fish
and burying the bones,
to have chased baby crabs trudging,
beneath my sea-foamed feet.

To have been grown up,
in homes with lengthy hallways,
and Turkish tiles, whose mosaic,
shimmered in the afternoon sun,
where tinted panes exuded colours
housing Hindu Gods,
the sounds of conch shell
diffusing into neighbourhoods,
with roofs lying under the prettiest blue.

To watch geckos scurrying away,
at the first drop of rain,
as I would sit cross-legged,
tracing eyes

along the bark of a tree,
to count woodpecker's holes
till it led me to the skies,
a 5-year-old me probably had an ambition,
to climb it,
balancing on its branches,
to renounce the stairs,
and land on the terrace,
but back then the tree was a healthy one,
and me, insignificant for it.

Now I live within walls
of unnamed memories,
newspapers scattered lazily,
mug of coffee yielding warmth,
it's a refuge to ghosts of things,
that ebbed away with time,
but before I leave for the endless slumber,
I know I'll be by the sea again,
jaded eyes smiling to the song of the rain,
my feet buried in slushy sands,
roads canopied by the primordial greens,
I'll wait for the sun to rise,
from the ocean's depth and not the city
lights.

-NEERAJ GIRI, FINAL BDS

THANK YOU!

Through the hard times, so sad and painful,
 Let's take time to thank every person and
 moment that made life wonderful.
 Along different shades in the journey of living,
 for teaching me the lessons worth learning.
 From words of encouragement when I lost it
 all, Picking me up cautiously after a hard fall,
 I owe you a Thank you!
 From WhatsApp forwards to hilarious memes,
 Working and enjoying as a team.
 Looking at the photos old and feeling
 nostalgic,
 For giving me a reason to smile even in
 situations terrific. I owe you a Thank you!
 From mastering cooking to engaging in a
 joyful game,
 For you who helped me to reach my aim.
 For the kind individuals out there, who gave
 the world some important message, In the
 midst of the crisis, for someone who
 bestowed us with a great deal of knowledge.
 I owe you a Thank you!
 To the frontline warriors for their selfless
 service, "There will be a better tomorrow",
 giving us a promise. For the strength to fight
 with a positive belief,
 For a chance to breathe and a hope to live,
 I owe you a Thank you!
 For every emotion unexpressed and words
 unspoken, for every amazing moment of life
 unforgotten, Forever, I owe a Thank you!

- ISHIKA SHETTY, I BDS

HELP OTHERS TO HELP YOURSELF!

"When life gets hard, try to remember, the
 Life you complain about is only a dream to
 some people."

The past few months haven't been easy for
 anyone. Restrictions in going out of our
 homes to losing our jobs, in addition to fear of
 covid-19, the circumstances have been quite
 disheartening.

In the meantime, we heard a lot of people
 complaining about how inconvenient it is to
 be at home all day.

But have we ever considered it the other
 way?

Weren't we lucky enough to at least have a
 home where we can stay?

The safest place during this covid-19
 pandemic is home.

But what about the people who don't have
 the privilege to have a home?

Not only they struggle for proper health care,
 but also for a meal twice a day.

In such ungrateful times, where a well housed
 person is also stressed and depressed,
 imagine the pain and sufferings homeless
 people go through.

Who are we as humans, if we ignore the
 sufferings of others?

We all have heard about "Joy of Giving", but
 do we implement it enough?

"No one has ever become poor by giving!"-
 Hellen Keller

The more we give, the more Grateful we feel!
 We should be thankful for what we have and
 help people.

You never know where a blessing can come
 from!

-SHAILVI BANG, II BDS

AT SIXES AND SEVENS

I don't know how to love, rather how much to
 love
 They say my unconditional love
 Will bury me down to hades, Ignoring their
 plight
 I run back to my love
 Overwhelmingly putting down all my
 thoughts upon him, he says you think too
 much my little brat; so I shut my thoughts up
 to my brim.

With a heavy heart shed in the darkness I
 keep pondering about my love. With all the
 clogs and screams in my head Hoping to fly
 away just like the dove.
 Even a heart that understands so much gets
 tired at times, making me realise "I don't know
 how to love" rather how much to love.

-JAYANI PATIL, I BDS

Will Search Until I Find You

Many friendships hit rough patches, but a difficult fight may leave you feeling like the relationship is beyond repair. If you really care about a person, it will be worth the emotional strain to work through your problems. It may be hard, but fixing a broken friendship will leave it even stronger than before.

Reflecting on my personal experiences taught me some valuable lessons about how to fix friendships.

1. Let the dust settle first.

If the argument is recent, allow some time for the psychological wounds to heal.

Tempers flared, and hurtful things were said. Let both of you gain your senses first and reflect on what happened. Time is your ally, so wait a while.

2. Purging Frustrations.

Sometimes you'll feel the need to vent and validate your hurt feelings, and that's okay. It's not healthy to hold your feelings in and pretend you're okay, so vent out. But at the same time, don't badmouth your friend to anyone who'll listen.

3. Give your ego a break.

When attempting reconciliation, both your egos are just additional obstacles both of you have to attempt to make meaningful communication between your pure selves. Remove any defensiveness you're harbouring and open your heart, exposing your vulnerability.

Lastly, be mindful not to criticize, judge, or complain. These will definitely close the doors to communication. Be sure to keep an open mind. Your goal, by withdrawing your ego, is to get your friend to withdraw their ego as well and open up, thus removing barriers in order to reconnect

4. Don't be afraid to reach out first.

Get over that initial hump. It's not as difficult as it appears. Be fearless, take the leap, and go for it. Go ahead and find a way to contact them. Believe me, you've got absolutely nothing to lose, because your current situation can't get any worse.

5. End the blame game once and for all.

Still figuring out who's to blame? That means you're still dwelling in the past. No one's perfect in this world, and if you think being a human, you are bound to commit mistakes, learn from it, recognize it, ask for forgiveness but at the same time realize your friend is also a human!!

6. Apologize for your part in what happened.

Saying sorry not only eases their pain but also shows that you're giving a peace offering to the other side. Even if you don't feel you're at fault, please know you still had some part to play in the fight.

7. Avoid trying to force reciprocity.

If they're the perpetrator, don't feel entitled to an apology, and don't fish for feedback.

Expecting something brings your ego back into play. It may cause unnecessary tension and create false expectations that can hinder any improvement.

If they truly wish to make it work, they'll come around to explain their reasoning and let you know they're sorry.

Doing it this way allows them to learn and grow themselves.

Fixed friendships are sort of like an irreplaceable, cracked heirloom vase carefully glued back together. It may not look the same as it did before, but you can still value it for what it is and fully embrace it for what it represents.

Jab Insan Hi Nahi Rahega ...Toh Uski Galtiyo Ka Kya Kareng...Yaha Chand Minto Mein Zindagi Guzar Jati Hai Bina Ek Aakhri Mulakaat Ke, Baat Ke...Toh Chod Dete Hai Na, Maafi Maang Lete Hai, Maaf Kar Bhi Dete Hai or Saath Aage Badhte Hai....

One thing that I know for sure: if you value this friendship, the time you lose with them can never, ever be replaced. Life is short, and the clock is ticking. Get the ball rolling. Make a conscious choice now. Remember, you have nothing to lose and only a friend to gain.

AT THE REAPER'S DOOR

Random symbols and cymbals,
seemingly illusive, certainly elusive,
wafted across my vision,
this dull unrest blossomed within me.
spawning confusion,
as I drifted back and forth,
from a wakeful consciousness,
into paraphernalia of floating objects,
conquering my state of dreams.

This world was a retreat,
where one could wallow,
like the river horses under the African sun,
submerging, into the enveloping blackness.
but I was drowning.
The horizons blurred out at the edges,
with crisp waters, cramming their way,
into my lungs, reckless arms lashing out,
into the abyss, failing to clutch onto life.
the second minute, and homesickness

into my eclipsed mind,
divulging my actual perceptions of home,
for so long hidden and overlooked,
within the flowing sands of time.
my senses, now withering away,
departed unhurriedly,
allowing claustrophobia to monopolize,
in the most insidious manner.
Desires burning down,
to suffer Poseidon's wrath,
fear shooting through every vein,
now froze each cell for eternity.
my eyes capturing
the conclusive hues of life,
now lay beneath the lids
for the final departure.
feeling alone in this perishing mist,
I bawled out, bursting into a sob,
the tears from this actual realm,
dissolved the imagery of the Reaper's job.

-NEERAJ GIRI, FINAL BDS

THE PAUSE

Running slower makes you faster than the most important code of any marathon runner. We often say, life is a marathon and not a sprint. Then why do we play like sprinters and not marathon runners?
Why do we rush all the time, and then give up just before the finishing line?
It is just because we avoid taking breaks. We avoid easing off. That's what changes the game at end.
Race cannot be won by accelerating in top gear from the start, but it can be won by changing the gear at right time." -Dr. APJ Abdul Kalam.
If we want to achieve a goal, we have to keep going. But, it is okay to take a day off. It is okay to ease off. It is okay to pause for a while.
Taking a break is necessary for mental, emotional and therefore physical health.
Working for long stretches leads to stress and exhaustion.
Taking regular breaks, helps our mind to avoid saturation and increase productivity and creativity. Yes, taking breaks might sound counter-intuitive when it comes to elevating productivity, but it is the best way to do so.
Sometimes the most effective productivity habit is to step away and take a break

So go and read the book you wanted to read, take the dance session you weren't able to take because of your busy schedule, go for cooking, painting, or whatever you love. Take time to meet your friends and family. Take time to relax. Once in a while, do take a break from your routine. Because sometimes,
Breaks leads to Breakthroughs!

-SHAILVI BANG, II BDS

IDENTITY

Transgender people are individuals whose gender identities do not pertain to their biological sex, and thus they differ from the stereotype of how men and women normally are. 'Transgender' does not include sexual orientation or physical sex characteristics, but is in fact a less clinical term which pertains to gender identity and gender expression. They may be gay, transsexual, transvestite, or gender queer. Society has failed to accept their gender identity due to which they have suffered from discrimination, social oppression and physical violence.

Problems faced by them are real unlike us who cry foul over break-ups, drama etc.:

- These people are shunned by family and society alike.
- They have restricted access to education, health services and public spaces.
- Till recently, they were excluded from effectively participating in social and cultural life.
- Politics and decision-making processes have been out of their reach.
- Transgender people have difficulty in exercising their basic civil rights.
- Reports of harassment, violence, denial of services, and unfair treatment against transgender persons have come to light.
- Sexual activity between two persons of the same sex is criminalized, and was punishable by incarceration under section 377 IPC.

Laxmi Narayan Tripathi, a *Hijra*, explained her trauma, "I felt different from the boys (as I was born as a boy) of my age and was feminine in my ways. On account of my femininity, from an early age, I faced repeated sexual harassment, molestation and sexual abuse, both within and outside the family. Due to my being different, I was isolated and had no one to talk to or express my feelings while I was coming to terms with my identity. I was constantly abused by everyone as a 'chakka' and 'hijra'."

She is a transgender/Hijra rights activist, Bharatanatyam dancer, choreographer and motivational speaker in Mumbai, India. She is also the Acharya Mahamandaleshwar of Kinnarakhada. In 2007 she started her own organization, Astitva. She is the first transgender person to represent Asia Pacific in the UN in 2008. She was a contestant on the high voltage & popular reality show Bigg Boss in 2011. Her efforts helped the first Transgender team to scale a Himalayan peak.

The court provides the transgender community with equal rights and protection under the Article 14, 15, 16 and 21. Section 377 is as of now decriminalized and affirmed that homosexuality is not an aberration but a variation of sexuality.

As a dominant society, please try very hard to understand that it's not a sin to be yourself. Lord Vishnu & Shiv (Ardhnarishwaroop) didn't discriminate & they created LGBTQIA+ Folks too. Being from LGBTQIA doesn't make you less worthy of love & respect

Wearing colours that aren't manly enough, affection towards another man in your life, enjoying things that aren't masculine by society's standards, expressing your emotions & being vulnerable, hearing false narratives created by haters & gossip mongers doesn't make you a gay too.

Saying crude & homophobic things, name calling, spreading rumours, cyberbullying, physical /sexual / emotional abuse, affects a person's self-esteem, emotional health & social wellbeing. To get love & respect is a basic human right.

So next time, if you make an attempt to bully someone, remember this "Naayaab hote hai who log, jo kisise baat karneka tareeka nahi bhulte, jinse unhe kuch lena-dena na ho".

. It would thus be wrong to judge and discriminate people who may be different from the stereotype. Follow the policy of "live and let live & love out loud with PRIDE".

-ABHISHEK GUPTA, INTERN

AS I BREATHE IN A CLOUD OF EUPHORIA

As I breathe in a cloud of euphoria,
I can feel my legs get heavier.
Looking for my lighter, I open my drawer, my
hands shaking, I wish for more.

As I breathe in a cloud of euphoria,
Every day I notice my dysgeusia.
When I look in the mirror and smile,
“Ew”, my teeth haven't looked great in a
while.

As I breathe in a cloud of euphoria,
I become more susceptible to bacteria.
There's a problem with demand and supply, I
need this but my lungs won't comply.

Taking a seat, looking at my phone,

It's my mom, she won't leave me alone.
“Don't ruin your life like this!”,
I promise to try and guiltily turn to my bliss.

My hair is thin and grey,
My house turning into an ashtray.
As my fingers resemble drumsticks,
I dial 1800-11-2356

As I quit breathing this cloud of euphoria,
I can feel my senses better.
As I hear the success rates I'm being told,
I wish that I hadn't gone down this rabbit
hole.

My friend, smoking kills not only your body,
but also your ambitions. I'm a shell of the
person I once was.

-CHANCHAL DHARIA, III BDS

FIELD OF GRASS

I want to lie on a field of grass,
With you by my side,
Watching the stars gaze and twinkle,
And the moon softly shines.

I want to lie on a field of grass,
With you by my side,
Listening to the crickets sing,
And the leafy rustle of the pines.

I want to lie on a field of grass,
With you by my side,
Dreaming of warm homemade soups,
And some flat bread and rice.

I want to lie on a field of grass,

With you by my side,
Hoping for life to be full of warmth,
With the occasional joy of surprise.

I want to lie on a field of grass,
With you by my side,
To promise you, not the sun and stars,
But a pillar to lean on for life.

I want to lie on a field of grass,
With you by my side,
Knowing, what the end of my quest,
And the beginning of forever looks like.

-NUPUR (SANIKA GOKHALE, INTERN)

LIFE

Life is a journey...
This journey has one beginning and one
end...
We are travellers in this journey...
The journey is filled with struggles and
obstacles...
But as a good traveller you need to find an
alternative for every path...
Life is a journey...
This journey has ups and downs...

Don't lose your hopes in downs,
because after downs your ups will be
beautiful...
The path we choose leads us to our destiny...

-KHUSHI HOLE, I BDS

ALONE BUT NOT LONELY

I am broken, lost questioned by all;
I am trying to find who am I, but always fall.

In this millions followers world, I have fallen
apart,
As quiet, shy introverts are always in
boredom's chart.

But silence speaks and listens too... The odd
behaviour for all, is the biggest power of
yours.

Solitude is my attitude just like an angel,
elevating on altitude.

I am alone but not lonely,
I am quiet, but not sad.

My treasures are my thoughts,
Instead of false companions and their talks.

Soothing are my lonely coffee sips, than your
long hours of gossips.

I am not a misery, but a beautiful mystery.
The one who will solve will know what's TRUE
VICTORY.

-NIDHI RANJIT HATISKAR, I BDS

ON THE FOOTPRINTS OF TIME.....

Covid-19 has presented a world filled with challenges, different skills, ideologies and an evolving way of life. The pandemic experience has been similar to being pushed out of a plane after reaching a certain height- like a sudden, unsafe and unexpected dive in a sky full of uncertainties, uncontrollable chaos and an adrenaline overload. We were pushed into the pandemic and were forced to find our parachutes to ensure we survived.

From household chores to online grocery shopping, online classes to teleconsultations, most of us have welcomed these new strategies to adjust to the situation. If Covid bound us to our homes, it also opened new doors within the confines of our homes. Along with these major changes in the outside world, each of us had a wave of different emotions within us, the most predominant being anxiety due to a feeling of uncertainty. This as a result had an effect on the mental health and wellbeing of many.

As humans, we have the capacity for resilience. Covid has brought about new changes in our lifestyle. It has taught us innumerable lessons, right from the importance of 'the Family' and 'Self-care' to 'Befriending technology'.



Our planet, by every measure got more love during the Covid-19 pandemic. One silver lining to Covid-19's dark cloud is that clouds, birds, trees and window gardens became more familiar. Thus, in addition to taking away from us, Covid has also given us back a greener and better planet. Masks and sanitizers will be a part of the norm for years, but we'll slowly and cautiously ease back to familiar activities soon.

No one can predict what this "New Normal" has in store for us and how long it is going to hound us. We need to forget our yester-lives and adapt ourselves to these uncertain, unpredictable disasters. So why lose our peace of mind when we can overhaul our toolkit!

-CHARLOTTE SALDANHA, INTERN

BOOK REVIEWS



'SOUL PRINCE' by NUPUR



I have read through the book SOUL PRINCE by Sanika Gokhale, going by the pen name NUPUR. I have known her as a student of dentistry but never got to know this hidden talent in her till I got to read this book which she presented to me.

The book gives a clear impression that she possesses a flair for English storytelling and a rare ability to express complex ideas in simple words. This combination makes the book immediately appealing and lovable. I am amazed at the lucidity of the prose and that too, from a young student. Her passion for and skill in visualizing a very relevant theme and giving shape to it in chaste and simple understandable prose, deserves appreciation.

The book gives a graphic description of the indelible emotions like love and portrays the philosophy, maturity and understanding of psychology, without

which, life at this formative stage, can lead to heartburn and emotional disasters. Some students go too far and too fast in this emotional journey and fail to extricate themselves. Young students, the future of this highly potent country, must realise that failure in love is not the end of the road. There is always hope beyond hopelessness. Failure must be treated as just another milestone in life, without getting subsumed by it. The characters in the novel, Rosalie, Phillip, Daniel are noble and immortal creations. The ending of the story carries with it many life lessons. 'Rosalie's point of view', 'Phillip's point of view', etc is a new style of narration, which is direct. It reduces verbosity thereby cutting down reading time. Understanding the import of the story is effortless and a pleasure. In a single glance, each page can be grasped. The author has demonstrated her intent and purpose effectively, though she herself is in the same age bracket.

The book, reminiscent of Enid Blyton, weaves the story in a disarming, relaxed, family backdrop. Such books are for all age groups, all ages, and all times. The story, after many vicissitudes, ends positively upholding the supremacy of true love.

This book is a boon for modern young minds wrenched by trauma and as such is a 'must read' for all, particularly, students of this age. By this book, the author has demonstrated her vision. A 'take home' chapter in the end buttressed by a few personal examples will be useful and educative. Literature review must express freely and succinctly. This, I hope, will conform to this standard.

Review by,
DR. SRIVALLI NATARAJAN
DEAN, MGDCH

'IT ENDS WITH US' by 'COLLEEN HOOVER'



Genre: Young adult, Romance

Rating: ☆☆☆☆/5

How do I even begin describing this book! It is, hands down, the most shocking book I've ever read. There is not one chapter that went without blowing off my mind 🤯.

I'll try to keep it as "non-spoilery" as possible.

Lily is brave, beautiful, kind and she went through a lot, growing up in an abusive household. Atlas is a loner who is smart, brave, talented and everything Lily ever asked for.

Ryle is a neurosurgeon, handsome, passionate and a guy anyone would fall for but he falls for Lily❤️.

A message to him from me: Ryle, I love you but I also hate you the same amount.

Colleen♥️ made me realise how easy it is to say that leave the person who hurts you! She helped me step into the shoes of a victim of abuse and I couldn't stop crying. Sometimes, you love a person so much at their best that you can't let go of them when they are at their worst, even if it hurts you the most. And you just keep pushing your limits until it gets too far!

I WANT TO BE LIKE LILY. She inspires me so much. And to all those who are going through a tough time in their relationships, as Atlas would say "Just keep swimming. You will reach the shore one day." 🐬

I know it may seem like a very depressing book, but believe me once you start reading, there is no turning back!! You will enjoy the drama more than any daily soap for sure. 😊

-PRAGATI AGARWAL, III BDS

'HUNGER GAMES- THE TRILOGY' by 'SUZANNE COLLINS'

I read this trilogy as a teenager, and as an adult, the story and its characters still remain very much close to my heart.

The story revolves around a young protagonist, Katniss Everdeen, who struggles through life at District 12 in the country of Panem. Orphaned by her father at a young age, she takes on the role of head of the family to take care of her loving, younger sister Primrose Everdeen, and her mother who never recovered after Katniss' father's death.

Stricken with poverty, Katniss is forced to resort to illegal hunting to provide for her family. However, this is the only time Katniss feels happy and at peace- hunting with her best friend, Gale.

Her somewhat peaceful life is soon disrupted when of all people her sister, is chosen for the 74th Hunger Games, an event designed to pit the 24 participants from the 12 districts against each other in a survival match to death. The games, only in existence to remind the people to never rebel against the country's government.

Katniss, in utter shock and disbelief, decides to replace Primrose in order to protect her sister. The trilogy then follows her story across her experiences and trauma as she fights to survive in the arena, by hook or by crook. Inadvertently, through her unintentional actions, she becomes a symbol of hope and rebellion against the atrocious government.

The story is absolutely captivating with a dark edge to it. Her character and personality has always remained an inspiration for me. I could read it a million times over and over again, and still never get bored!



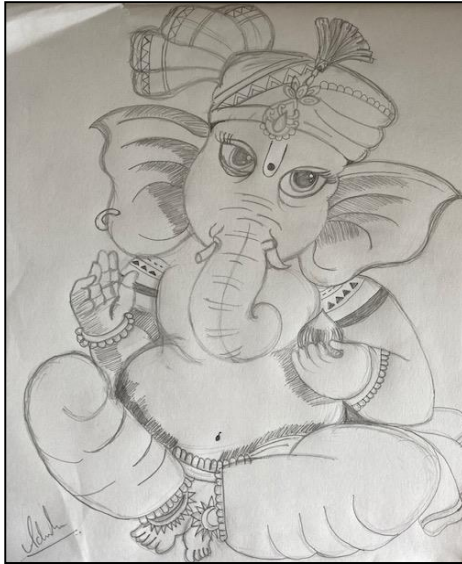
-INDU U K, INTERN



Art Gallery

Sketches, Paintings, Coloured drawings, Digital art





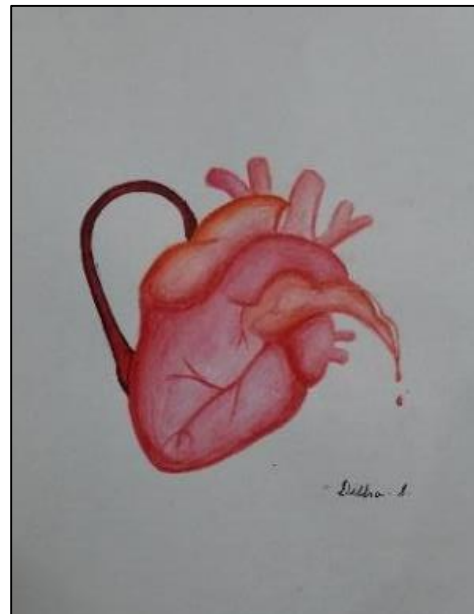
-Aditi Ghore, I BDS



-Aqsa Javed, II BDS



-Ashly Antony, IV BDS



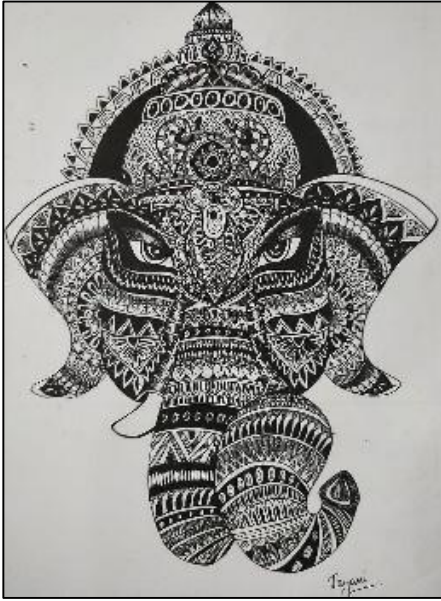
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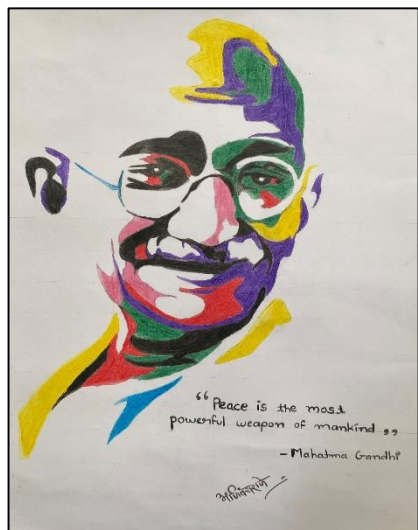
-Harshali Patil, Intern



-Jayani Patil, I BDS

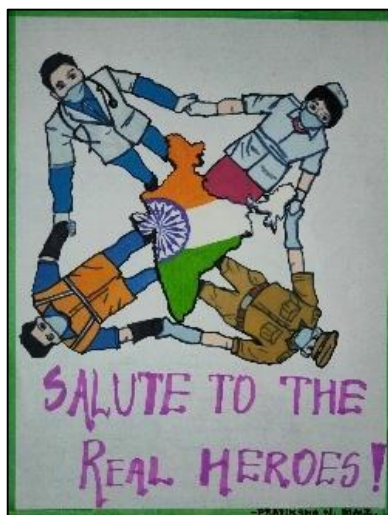


-Khushi Hole, I BDS



-Mahesh Rajendra Survase, II BDS

-Ajinkya Balasaheb Yadav, Non-teaching staff



-Pratiksha Mali, I BDS



-Rhutu Rajendra Bore, I BDS



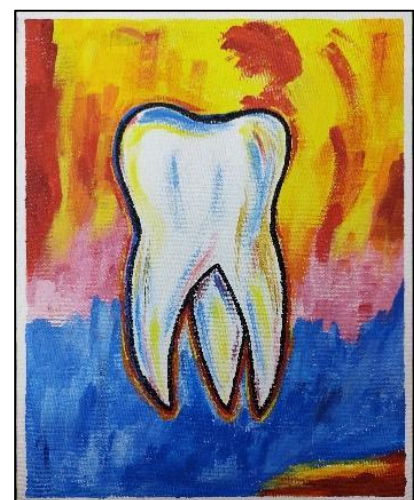
-Shailvi Bhag, I BDS



-Shreya Mitra, II BDS



- Monika Sah, Intern



-Sonali Gore, Intern



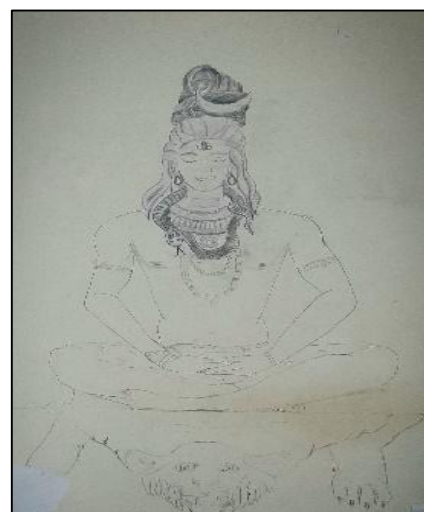
-Neha Sawant, Intern



-Saranga Mahajan, Intern



-Eti Agarwal, Intern



-Anonymous



Pixels

Nature and animal photography, dental photography, etc.





-Disha Dilipkumar Somani, I BDS



-Neeraj Giri, IV BDS



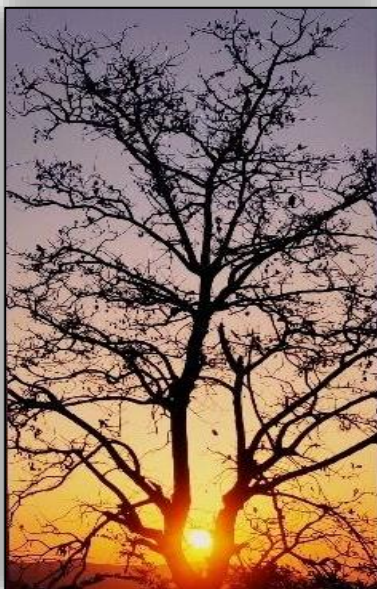
-Aditi Gorhe, I BDS



-Jayani Patil, I BDS



-Gaurav Hinduja, III BDS



-Harshali Patil, Intern



-Dr. Nishant Das (PG)



-Pratiksha Mali, I BDS



-Rhutu Rajendra Bore, I BDS



-Rushikesh Kolhe, IV BDS



-Sanika Gokhale, Intern



-Ved Kishore Deshpande, I BDS



-Pooja Rathod, Intern



-Chinmayi Tambe, Intern



-Neha Sawant, Intern



-Shubham Bhavane, Intern



-Tanvi Mandlik, Intern

La familia

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FIRST YEARS (2020-21)



SECOND YEARS (2020-21)



I BDS (2019-20)

SUMMER BATCH

CLASS TOPPERS:

1ST RANK- SHIVANG RAJESH OJHA

2ND RANK- SAKSHI KIRAN BHIRUD

**3RD RANK- RUTUJA SANTOSH
SHERKAR**

SUBJECT TOPPERS:

ANATOMY- SHIVANG RAJESH OJHA

**PHYSIOLOGY & BIOCHEMISTRY-
SHIVANG RAJESH OJHA**

**DENTAL ANATOMY & DENTAL
HISTOLOGY- SHIVANG RAJESH OJHA**

THIRD YEARS (2020-21)



II BDS (2019-20)

SUMMER BATCH

CLASS TOPPERS:

1ST RANK- *RHEA D'CUNHA*

2ND RANK- *PRANIDHIPURNIMA D.
RACHH*

3RD RANK- *ZAINIB VHORA*

SUBJECT TOPPERS:

PATHOLOGY & MICROBIOLOGY-
RHEA D'CUNHA

PHARMACOLOGY- *RHEA D'CUNHA*

DENTAL MATERIALS- *RHEA D'CUNHA*

PRE-CLINICAL PROSTHODONTICS-
ZAINAB VHORA

**PRE-CLINICAL CONSERVATIVE
DENTISTRY-** *VAISHNAVI SANKHE*

FINAL YEARS (2020-21)



III BDS (2019-20)

SUMMER BATCH

CLASS TOPPERS:

1ST RANK- *KHUSHI MEHTA*

2ND RANK- *AYESHA KHAN*

3RD RANK- *PRANJAL BARVE*

SUBJECT TOPPERS:

GENERAL MEDICINE-
PRANJAL BARVE

GENERAL SURGERY-
PRANJAL BARVE

WINTER BATCH

CLASS TOPPERS:

1ST RANK- *ISHITA MEHTA*

2ND RANK- *HARSHAL TAYADE*

3RD RANK- *ANKUR NIKUMBH*

SUBJECT TOPPERS:

GENERAL MEDICINE- *ISHITA
MEHTA*

GENERAL SURGERY- *ANKUR
NIKUMBH*

INTERNS (2020-21)



IV BDS (2019-20)

SUMMER BATCH

CLASS TOPPERS:

1ST RANK- KARISHMA JADHAV

2ND RANK- ANKITA SHUKLA

3RD RANK- ADITI RANE

SUBJECT TOPPERS:

COMMUNITY DENTISTRY- ANKITA SHUKLA PERIODONTICS- SANIKA GOKHALE

ORTHODONTICS- ANKITA SHUKLA

OMDR- KARISHMA JADHAV

ORAL SURGERY- KARISHMA JADHAV

CONS. & ENDO- VAIDEHI KESARIA

PROSTHODONTICS- ANKITA SHUKLA

PEDODONTICS- KARISHMA JADHAV

WINTER BATCH

CLASS TOPPERS:

1ST RANK- GAURI POTDAR

2ND RANK- OMKAR AYIR

3RD RANK- NEERAJ KAMBLE

SUBJECT TOPPERS:

COMMUNITY DENTISTRY- GAURI POTDAR PERIODONTICS- KUMAR DUSHING

ORTHODONTICS- OMKAR AYIR

OMDR- GAURI POTDAR

ORAL SURGERY- NEERAJ KAMBLE

CONS. & ENDO- GAURI POTDAR,

OMKAR AYIR

PROSTHODONTICS- GAURI POTDAR

PEDODONTICS- GAURI POTDAR

POSTGRADUATES





Department of Oral and Maxillofacial Surgery



Department of Oral Pathology and Microbiology



Department of Prosthodontics



Department of Paediatric Dentistry



Department of Orthodontics and Dentofacial Orthopaedics



Department of Conservative Dentistry and Endodontics



Department of Periodontics



Department of Oral Medicine and Radiology



Department of Public Health Dentistry



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3. SEAL ASHRAM, NERE
4. PRIMARY HEALTH CENTRE, AJIVALI
5. RURAL HOSPITAL, KASHELE
6. MGM SCHOOL, NERUL

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

AURANGABAD

MGM's Jawaharlal Nehru Engineering College
MGM's Institute of Management
MGM's Mother Teresa College of Nursing
MGM's Mother Teresa Institute of Nursing Education
MGM's College of Journalism & Media Science
MGM's Medical Centre & Research Institute
MGM's College of Fine Arts
MGM's Dr. D.Y. Pathrikar College of Comp. Sc. & Tech.
MGM's Hospital & Research Centre
MGM's College of Agricultural Biotechnology
MGM's Dept. Of Biotechnology & Bioinformatics
MGM's Institute of Hotel Management & Catering Tech.

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

NANDED

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

PARBHANI

MGM's College of Computer Science

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MGM's College of Engineering & Technology