



Mahatma Gandhi Mission's Dental College and Hospital
KAMOTHE, NAVI MUMBAI.

अपनी खबर

WORLD HEALTH DAY

Health is more than the absence of disease; it is the foundation of happiness, productivity, and progress. World Health Day reminds us that every individual deserves access to quality healthcare, awareness, and the opportunity to lead a healthy life. As future healthcare professionals, we carry the responsibility of promoting not only treatment but also prevention, compassion, and holistic well-being.

This edition celebrates the spirit of healthcare workers, students, researchers, and communities striving together for a healthier tomorrow. Through knowledge, empathy, and innovation, we can inspire change that reaches beyond clinics and hospitals into everyday lives.

Let us continue to spread awareness, encourage healthier lifestyles, and work towards a future where good health is a reality for all.

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DEAN'S DESK : WORLD HEALTH DAY

World Health Day serves as a reminder of the vital role healthcare plays in shaping strong communities and brighter futures. In today's rapidly evolving world, healthcare professionals must combine scientific excellence with empathy, ethics, and dedication.

Our institution takes pride in nurturing students who are not only academically competent but also socially responsible. Dentistry and medicine extend beyond technical skills—they are about improving lives, restoring confidence, and contributing to public health awareness.

I encourage every student to remain curious, compassionate, and committed to lifelong learning. Together, let us strive to build a healthier society through service, innovation, and humanity.

Wishing everyone a meaningful and inspiring World Health Day.



**DR. SRIVALLI NATARAJAN,
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SUBEDITOR'S SAY: WORLD HEALTH DAY

Health is one of the few things that unites us all. Regardless of age, profession, or background, the importance of physical and mental well-being remains universal. This World Health Day edition is dedicated to celebrating awareness, resilience, and the power of collective responsibility in healthcare.

Through articles, insights, achievements, and student contributions, this newsletter reflects the enthusiasm and dedication of our academic family toward creating positive health impacts. Every small effort—whether spreading awareness, conducting research, or helping a patient—contributes to a healthier world.

We hope this edition informs, inspires, and reminds readers that healthcare begins with compassion and continues through action.

Happy Reading!



DR. SARIKA SHETTY
PROFESSOR, DEPARTMENT OF
PERIODONTICS



FACULTY'S SAY: WORLD HEALTH DAY

World Health Day is an opportunity to reflect on the importance of preventive care, health education, and professional responsibility. As educators, we believe that true healthcare begins with awareness and empathy.

Students today are the healthcare leaders of tomorrow. Along with academic excellence, qualities such as discipline, patience, communication, and compassion are equally essential in building trustworthy professionals.

We are proud to witness students actively participating in academics, research, outreach activities, and community service initiatives that contribute meaningfully to public health. Let this day inspire all of us to prioritize wellness, encourage healthy habits, and continue learning for the betterment of society.

Together, we can create healthier smiles, healthier minds, and healthier communities.



**DR. BHARAT GUPTA,
PROFESSOR, DEPARTMENT OF
PERIODONTICS**



WORKSHOP - MANAGEMENT OF OROFACIAL PAIN & TMD



A workshop on the Management of Orofacial Pain and Temporomandibular Disorders (TMD) was organized in collaboration with Pierre Fauchard Academy. The sessions were conducted by Dr. Tanvee Somaiya and Dr. Parekh, who shared valuable insights into the diagnosis and management of orofacial pain conditions and TMD. The workshop provided participants with updated clinical knowledge and practical approaches for effective patient care.



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YOGA FOR WOMEN'S WELLNESS



On the occasion of World Health Day, the Counselling Committee of MGM Dental College and Hospital organized an expert session on “Yoga for Women Wellness” for female teaching and non-teaching staff members. Conducted by Dr. Manisha Avinash Narayankar, the session went beyond basic stretching and focused on Yogasana Abhyasa aimed at hormonal balance and hip-opening practices. Participants also engaged in pranayama techniques to enhance mental and emotional stability. The session further included Tratak, guiding participants from Dharana to Dhyana, and concluded with a deeply relaxing Yoga Nidra practice, promoting overall wellness and mindfulness.



VALUE ADDED COURSE - COMMIT, CREATE, CULTIVATE



The Counselling Committee of MGM Dental College and Hospital in association with the IQAC organized a value-added course titled “Commit, Create, Cultivate” for first-year students. The program aimed to develop essential life skills, emotional resilience, and a professional attitude toward patient care. Through interactive sessions and engaging activities, students were encouraged to build confidence, empathy, communication skills, and personal growth for their future healthcare journey.



COLLEGE WORKING COMMITTEE ELECTIONS

The College Working Committee Elections were conducted successfully with enthusiastic participation from students. The event highlighted the spirit of leadership, responsibility, and student representation within the institution. Sara Pradhan was elected as the General Secretary, marking the beginning of a new term dedicated to student welfare, teamwork, and institutional growth.



WORKSHOP ON ROTARY ENDODONTICS



A workshop on Rotary Endodontics was conducted by Pradeep Shetty for interns, postgraduate students, and faculty members. The program included an informative lecture followed by a hands-on session that provided participants with practical exposure to rotary instrumentation techniques. The workshop enhanced understanding of modern endodontic procedures and emphasized precision, efficiency, and clinical application in root canal treatment.



ADVANCED RESEARCH METHODOLOGY WORKSHOP



A MUHS, University Research Department (URD) approved Advance Workshop in Research Methodology and Biostatistics was conducted by Team made from the pool of MUHS approved speakers at MGM Dental College and Hospital, Navi Mumbai from 10 th April to 18 th April 2026. The workshop was carried out as per the guidelines laid down by MUHS, URD. The following are the details of workshop:

- 1) No of Participants: 27
- 2) Speakers: Dr. Vaibhav Kumar, Dr. Purvi Bhate, Dr. Nikhil Bhanushali, Dr. Vaibhav Thakkar, Dr. Romi Jain, Dr. Shruti Bhide, Dr. Chetan Deshmukh, Dr. Amit Bhondve, Dr. Rizwan Sanadi, Dr. Shekhar B. Padhyegurjar, Dr Manasi S. Padhyegurjar, Dr. Abhijeet Jadhav, Dr. Vineet Vinay, Mrs. Vasumathi Sriganesh, Dr. Varsha Sharma, Dr. Ketaki Bhor.

All participants attended the workshop and participated in the group tasks and various exercises. The interaction was done with all the participants during each session by the speakers. The daily feedback and program evaluation feedback was obtained from all participants.



QUOTES OF THE MONTH

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.” – Dalai Lamia

“Take care of your body. It’s the only place you have to live.” – Jim Rohn

“Health is the crown on the well person’s head that only the ill person can see.” – Robin Sharma

