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

अपनी खबर

# INDEPENDENCE DAY

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In the resonant notes of our national anthem and the vibrant colours of the tricolour lies the enduring spirit of a nation that emerged through courage, unity and determination. This Independence Day, we celebrate not only the historic achievement of freedom but also the values that continue to guide India's journey of progress, resilience and hope. As you explore these pages, let us celebrate the spirit of Azadi, reflect on our responsibilities as citizens and take pride in the remarkable journey of our nation. May the tricolour continue to inspire us to contribute to a stronger, more compassionate and brighter India—one step, one voice and one aspiration at a time.

# DEAN'S DESK : INDEPENDENCE DAY

Freedom to Heal, Commit to Serve

As we celebrate the 80th Independence Day of our nation, we are reminded of the courage, sacrifice, and unwavering spirit of those who envisioned a free and just India. Their dream was not just political freedom, but the freedom to live with dignity, opportunity, and good health.

Today, as healthcare professionals and future leaders in oral healthcare, we carry forward that legacy in our own way. Our commitment to learning, compassion, and excellence is our tribute to the nation that gave us the right to dream and the responsibility to contribute.

Independence also calls us to introspect—are we using our knowledge to uplift communities? Are we serving with empathy, integrity, and equality? True freedom lies in the ability to make choices that benefit not just ourselves, but society at large.

Let us continue to uphold the values of unity in diversity, respect, and selfless service in our daily work and interactions. Every small act of care, every patient we treat with respect, and every smile we restore is a step towards building a healthier, stronger India.

On this Independence Day, let us renew our pledge—to be responsible citizens, dedicated professionals, and compassionate human beings.



**DR. SRIVALLI NATARAJAN,  
DEAN MGMDCH,  
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MAXILLOFACIAL SURGERY**

# SUBEDITOR'S SAY: INDEPENDENCE DAY

Independence Day is more than a celebration of our freedom; it is a reminder of the courage, sacrifices, and unwavering determination that shaped our nation. Every year on 15th August, we honour the countless individuals who contributed to India's struggle for independence and reflect upon the values of unity, equality, dignity, and responsibility that continue to guide our nation.

As we celebrate the spirit of a free India, let us remember that freedom comes with responsibility. As students and future healthcare professionals, we have the opportunity to contribute to society through knowledge, compassion, integrity, and service. Let this Independence Day inspire us to rise above differences, uphold our duties, and work together towards a healthier, stronger, and more progressive India. May the tricolour always remind us of our shared identity, our collective responsibilities, and the India we aspire to build.



**DR. SARIKA SHETTY**  
**PROFESSOR,**  
**DEPARTMENT OF**  
**PERIODONTICS**

# FACULTY'S SAY: INDEPENDENCE DAY

Dear readers,

As we celebrate Independence Day, we are reminded of the sacrifices, courage, and vision that shaped our nation's journey towards freedom. Independence is not simply a chapter in our history; it is a continuing responsibility to uphold the values of unity, equality, integrity, and justice. As educators and future healthcare professionals, let us honour the spirit of our freedom by serving society with compassion, knowledge, and commitment. May we strive to build a nation that is healthier, stronger, and more inclusive, while carrying forward the ideals of those who envisioned a free and progressive India. Let this Independence Day inspire us to contribute meaningfully to the nation and become responsible citizens who transform freedom into progress.



**DR. USHA ASNANI**  
**PROFESSOR**  
**DEPARTMENT OF ORAL AND**  
**MAXILLOFACIAL SURGERY**

# SELF DEFENCE WORKSHOP 'ATMARAKSHA'

"Empowering Through Awareness: 'Atmaraksha' Self-Defence Workshop. Gender Sensitization Programme | MGM Dental College & Hospital, Kamothe. The Internal Complaints Committee (ICC) and EKAM Committee of Mahatma Gandhi Mission's Dental College & Hospital, Kamothe, jointly organized 'Atmaraksha' - a Self-Defence Workshop as part of the institution's Gender Sensitization Programme at the MGMDCH Auditorium. The programme was conducted from 9:30 AM to 10:30 AM for Third Year and Final Year students, along with non-teaching staff, with the aim of promoting personal safety, confidence and gender sensitivity.



The session was conducted by Mr. Shailesh Sitram Thakur, Karate Expert, who demonstrated practical self-defence techniques and effective counter-moves for handling challenging situations. The workshop included an interactive demonstration followed by hands-on practice, where participants actively performed various self-defence techniques under the trainer's guidance. The programme commenced with a welcome address by Dr. Sneha Naware, who highlighted the importance of self-defence awareness and the role of gender sensitization in creating a safe and respectful institutional environment. The practical demonstrations and participant involvement made the session engaging and informative.

# NOURISH TO FLOURISH : A NUTRITION AWARENESS SESSION

The EKAM Committee of MGM Dental College & Hospital, Kamothe organized a Nutrition Awareness Session titled 'Nourish to Flourish' for Third Year and Final Year BDS students on 1st August 2026, from 10:30 AM to 11:30 AM at the MGMDCH Auditorium. The session was conducted by Mrs. Mona, Qualified Dietician, with the objective of promoting healthy eating habits, balanced nutrition and overall well-being among students.

The session highlighted the importance of balanced macronutrient and micronutrient intake in supporting energy, concentration, immunity and academic performance, particularly amidst demanding academic schedules and long clinical hours. The speaker discussed practical approaches to meal planning, portion control, mindful eating, hydration, adequate sleep, regular meal timings and healthy snacking, along with simple dietary choices suitable for hostel and busy clinical routines.

The interactive session also addressed the impact of poor nutrition on fatigue, mood and stress, while encouraging sustainable lifestyle modifications rather than restrictive diets. Students actively participated and interacted with the speaker throughout the session.

The programme concluded with a vote of thanks, followed by a certificate of appreciation presented to Mrs. Mona by Dr. Sneha Naware, Faculty In-Charge, EKAM Committee, in recognition of her valuable contribution.



# ANTI-RAGGING WEEK: UNITED AGAINST RAGGING

MGM Dental College & Hospital, Kamothe observed Anti-Ragging Week from 12th to 18th August 2026 with the objective of creating awareness about the harmful effects of ragging and promoting a safe, respectful and inclusive campus environment. The week commenced with a Flash Mob and Photo Booth, encouraging students to actively support the anti-ragging campaign.

The celebrations continued with a Reel and Slogan Competition on 13th August and a Logo Design and Poster Competition on 14th August. These activities provided students, interns and postgraduate students with creative platforms to express their views and spread the message of dignity, empathy, unity and mutual respect.

The week further featured an anti-ragging rally, narration on Dr. A. P. J. Abdul Kalam and patriotic songs by Musical Strings, followed by a documentary screening and prize distribution. The week-long initiative witnessed enthusiastic participation and successfully reinforced the college's commitment to fostering a safe, supportive and ragging-free campus.



# MUSICAL STRINGS: CELEBRATING THE SPIRIT OF INDEPENDENCE



On the occasion of Independence Day, the Music Club of MGM Dental College & Hospital, Kamothe organized a musical event titled "Independence Day - Musical Strings" on 17th August 2026 at the Foyer Area. The event brought together students, interns, postgraduates, teaching and non-teaching faculty to celebrate the spirit of patriotism through music.

The morning began on a melodious note, with musical performances creating an atmosphere of unity and pride. The event provided an opportunity for the MGM Dental College community to come together beyond academics and honour the nation through the universal language of music. The celebration beautifully reflected the values of freedom, unity and togetherness, making it a meaningful addition to the Independence Day festivities.



# CELEBRATING LIBRARIES: HONOURING THE LEGACY OF DR. S. R. RANGANATHAN



MGM Dental College & Hospital, Kamothe celebrated National Librarian's Day on 12th August 2026 at the Rabindranath Tagore Central Library, commemorating the birth anniversary of Padma Shri Dr. S. R. Ranganathan, widely regarded as the Father of Library Science in India. The programme was graced by Dr. Deelip D. Mestri, University Librarian, University of Mumbai, as the Chief Guest.

The celebration commenced with the lighting of the lamp and Pratima Pujan, followed by a welcome address and the Chief Guest's keynote address on "Library: The Treasure of Knowledge - Its Growth Through the Ages in India." The programme also featured an Alumni Book Donation Programme, "Donate a Book, Share a Dream," and the launch of an online quiz to promote awareness about Library and Information Science and honour Dr. Ranganathan's contributions.

The event highlighted the enduring importance of libraries in fostering knowledge, research, academic excellence and lifelong learning, while encouraging students and faculty to actively engage with library resources.



# STRENGTHENING EMERGENCY PREPAREDNESS: BLS TRAINING SESSION



MGM Dental College & Hospital organized a Basic Life Support (BLS) Training Session for the interns of the 2025-2026 batch on 25th August 2026. The session was attended by 17 interns and was conducted at the BLS Skill Lab, MGM Medical College & Hospital, from 10:00 AM to 2:00 PM.

The training focused on equipping interns with essential knowledge and practical skills required to respond effectively to medical emergencies. Through hands-on learning and demonstrations, the session emphasized the importance of prompt and appropriate intervention during life-threatening situations. The initiative aimed to enhance the confidence and preparedness of interns in providing immediate care and strengthening their role in ensuring patient safety.



## THREADS OF COMPASSION: RAKSHA BANDHAN STALL FOR A SOCIAL CAUSE



The College Working Committee and EKAM Committee of MGM Dental College & Hospital, Kamothe, in collaboration with MGM Institute of Management Studies & Research, organized a Raksha Bandhan Stall on 24th August 2026 at the OPD Foyer Area. The stall showcased beautifully handcrafted Rakhis prepared by specially-abled children associated with Aai Day Care, Pen, an NGO working towards their welfare and development. The initiative provided the children with a platform to showcase their creativity and talents while promoting inclusion, empowerment and social responsibility. The proceeds from the sale of the handmade Rakhis were directed towards supporting the children associated with Aai Day Care. The initiative added a meaningful touch to the celebration of Raksha Bandhan by encouraging the spirit of compassion, inclusion and community support.



# ADVANCED CLINICAL PROTOCOLS: ADVANCING PRECISION IN DENTISTRY



An insightful session on “Advanced Clinical Protocols” was conducted on 21st August 2026 in Mumbai, focusing on the application of advanced navigation technology and contemporary clinical protocols in dentistry. The session provided valuable insights into the use of dynamic navigation and Navident technology for precise treatment planning and execution.

The programme highlighted the importance of integrating technology-driven approaches with evidence-based clinical practice to improve accuracy, efficiency, and patient outcomes. The session served as an enriching learning experience, encouraging clinicians to embrace innovative advancements in modern dentistry.

## CARING FOR SPECIAL SMILES: AN ORAL HEALTH INITIATIVE FOR CHILDREN WITH SPECIAL NEEDS

The MGM Dental College & Hospital, Kamothe, in association with the Pierre Fauchard Academy (PFA) - India Section, organized "Caring for Special Smiles: Oral Health Screening & Care Camp" on 18th August 2026 at Swami Brahmanand Pratishthan, Centre for Special Children, Belapur. The camp was conducted under the guidance of Dr. Sabita Ram, Dr. Srivalli Natarajan, Dr. Jyoti Nadgere, Dr. Sarika Shetty, Dr. Vaibhav Thakkar and Dr. Ragini Sanaye, with the participation of interns and postgraduate students. The initiative aimed to promote oral health awareness, early identification of dental problems and access to appropriate dental care among children with special needs. .

A total of 45 children underwent comprehensive oral health screening. The camp included assessment of oral hygiene, dental caries, gingival and periodontal health, retained roots, oral abnormalities and orthodontic needs. Children, caregivers and staff were also counselled on proper tooth-brushing techniques, oral hygiene practices, dietary habits and the importance of regular dental visits. Children requiring further or specialized treatment were identified and advised appropriate follow-up and referral to the Department of Paediatric Dentistry, MGM Dental College & Hospital, Kamothe.

Beyond the clinical activities, the initiative provided an opportunity for meaningful interaction with the children through dance, singing, special performances, lunch and group activities, creating an atmosphere of warmth, joy and inclusion. The camp highlighted that quality dental care goes beyond treatment—it also involves compassion, connection and celebrating every child's unique smile, making the initiative a memorable and meaningful community outreach programme



# EXPANDING HORIZONS IN TMJ SURGERY AND IMPLANTOLOGY: A STEP FORWARD IN ADVANCED MAXILLOFACIAL SURGICAL EDUCATION



The Indian Academy of Maxillofacial Surgery (IAMS) organized the prestigious Complete TMJ and Dental Implant Symposium, a national-level live surgical workshop, on 21-22 August 2026 at Bhojia Dental College and Hospital, Baddi, Himachal Pradesh.

The workshop provided an intensive academic platform focusing on Temporomandibular Disorders (TMDs), advanced Temporomandibular Joint (TMJ) surgeries and dental implantology, bringing together postgraduate students, researchers and practising maxillofacial surgeons from across the country.

Adding to the academic distinction of the programme, Dr. Suraj Ahuja participated as a panelist in the discussion on the Management of TMD, contributing to expert deliberations on contemporary approaches to TMJ-related conditions. Dr. Srivalli Natarajan delivered a guest lecture on the Management of Orbital Fractures, sharing valuable clinical insights with the participants. The workshop also featured live surgical demonstrations of TMJ Arthrocentesis and advanced TMJ Arthroscopy, along with interactive case discussions and surgical planning, making it a valuable avenue for knowledge exchange and advancement of maxillofacial surgical skills.



## STUDENT LEADERSHIP AT THE UNIVERSITY LEVEL



Ms. Shreya Sunil Deshpande, Final Year BDS student, represented MGM Dental College & Hospital, Navi Mumbai, at the Maharashtra University of Health Sciences (MUHS) Student Council Elections for the Academic Year 2026-27. She was among the 29 students selected by MUHS to constitute the University Student Council and also contested for the Senate position, representing the student community at the university level.

Her confident address and effective articulation of views during the election proceedings were appreciated by the Hon'ble Vice-Chancellor of MUHS, Dr. Venkat Gite.



Her participation reflects the institution's commitment to nurturing student leadership, representation and active engagement in the wider academic community. The institution congratulates Ms. Shreya on this achievement and wishes her continued success in her leadership journey.

# QUOTES OF THE MONTH

**"Inspiration gets you started, but daily habits keep you moving forward".**

**"Consistency turns ordinary efforts into extraordinary results."**

**"Happiness is when what you think, what you say and what you do are in harmony"**

# ART CORNER

