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

अपनी खबर

World No Tobacco Day

Patrons:

Mr. Kamal Kishore Kadam
Dr. P.M. Jadhav
Dr. Sudhir Kadam
Dr. Nitin Kadam

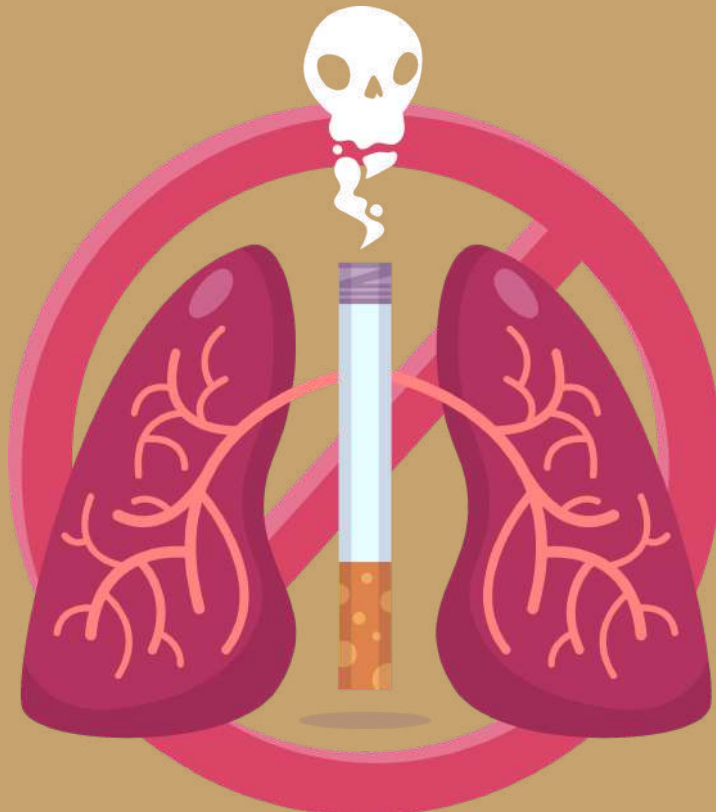
Editor in Chief:

Dr. Srivalli Natarajan

Sub-editors:

Dr. Sarika Shetty
Razhieya V Jazar
Mrunmai
Piyusha Anup Krishnan
Adishree Patil

Tobacco use is linked to numerous health issues, including oral diseases, lung cancer, heart disease, and respiratory disorders. It not only affects the users but also harms those exposed to secondhand smoke. As future healthcare professionals and responsible citizens, it is our duty to educate others, promote healthy habits, and discourage the use of tobacco in all its forms. The theme for World No Tobacco Day 2026, "Unmasking the Appeal - Countering Nicotine and Tobacco Addiction," focuses on exposing the strategies used by tobacco and nicotine industries to make their products attractive, especially to the younger population. From appealing flavors and sleek packaging to targeted advertising, these tactics often disguise the addictive and harmful nature of tobacco products.



DEAN'S DESK : WORLD NO TOBACCO DAY

Every year, 31st May is observed as World No Tobacco Day, serving as a global reminder of the devastating impact of tobacco on individuals, families, and communities. As dental professionals, we stand at the forefront of identifying, preventing, and combating tobacco-related diseases. The oral cavity often presents the earliest signs of tobacco-induced damage, making our role in early diagnosis, patient education, and tobacco cessation counseling indispensable.

This year's observance reinforces the importance of empowering individuals to make informed choices and embrace healthier lifestyles. Beyond treatment, our responsibility lies in creating awareness, dispelling myths, and encouraging tobacco users to take the first step towards quitting.

At our institution, we remain committed to fostering a tobacco-free environment through education, outreach, and community engagement. Initiatives conducted by our students and faculty reflect our shared vision of promoting oral and overall health while contributing meaningfully to public well-being.

On this World No Tobacco Day, let us renew our pledge to advocate for a tobacco-free future. Every conversation, every awareness campaign, and every patient we motivate to quit brings us one step closer to a healthier society.



DR. SRIVALLI NATARAJAN,
DEAN MGMDCH,
HOD- DEPARTMENT OF
ORAL AND MAXILLOFACIAL
SURGERY

SUBEDITOR'S SAY: WORLD NO TOBACCO DAY

World No Tobacco Day serves as a powerful reminder of the collective responsibility we share in combating one of the most significant public health challenges of our time. While the harmful effects of tobacco are well documented, its impact on oral health—from precancerous lesions to oral cancer and periodontal disease—underscores the crucial role of the dental profession in prevention and early intervention.

As educators, we have the privilege of nurturing not only skilled clinicians but also compassionate healthcare professionals who understand the value of patient education and community service. Every interaction in the clinic, every awareness campaign, and every counseling session has the potential to inspire an individual to choose a healthier, tobacco-free life.

I commend our students and faculty for their continued efforts in promoting oral health awareness and participating in initiatives that extend beyond the classroom. Such endeavors reflect our institution's commitment to excellence in education and service to society.

Let this occasion strengthen our resolve to advocate for prevention, encourage tobacco cessation, and contribute meaningfully to building healthier communities. Together, through knowledge, empathy, and sustained action, we can make a lasting difference.



DR. SARIKA SHETTY
PROFESSOR, DEPARTMENT
OF PERIODONTICS

FACULTY'S SAY: WORLD NO TOBACCO DAY

From an Oral Medicine and Radiology perspective, tobacco use is strongly associated with a spectrum of oral conditions ranging from smoker's melanosis and leukoplakia to oral submucous fibrosis and oral squamous cell carcinoma. Early detection through meticulous clinical examination and appropriate radiographic evaluation can significantly improve prognosis and patient outcomes.

This day serves as a reminder for us, as dental professionals, to actively participate in tobacco cessation counseling, patient motivation, and community awareness programs. Through education, early diagnosis, and preventive strategies, we can contribute meaningfully toward reducing the burden of tobacco-related diseases



DR. MUNITHA NAIK
TUTOR
DEPARTMENT OF ORAL
MEDICINE AND RADIOLOGY

HANDS-ON SUTURING WORKSHOP



A workshop on suturing techniques was organized by OMFS department for the final year students . The sessions were conducted by Dr Padmakar and Dr pariksheet, who shared valuable insights into the various techniques and insights on the clinical practices and tips on various suturing techniques. Students then practiced hands on suturing on their suturing pads. The workshop provided participants with updated clinical knowledge and practical approaches for effective patient care.



CWC OATH TAKING CEREMONY

The College Working Committee investiture ceremony was held. An oath-taking ceremony was held, wherein the committee members pledged to uphold the values of integrity, discipline, and teamwork while working toward the betterment of the college and its students. The respected faculty and principal addressed the gathering, inspiring the students to lead with dedication, accountability, and a spirit of service.



ART FOR AWARENESS



A placard-making activity was organized by the interns on the occasion of World No Tobacco Day to promote awareness about the harmful effects of tobacco. The participants showcased their creativity through impactful slogans and visuals conveying strong anti-tobacco messages. The activity encouraged students to express their views artistically while spreading a vital public health message. It served as an effective platform to sensitize peers and patients alike. The initiative highlighted the role of young healthcare professionals in advocating a tobacco-free society.



PAN INDIA LOGO COMPETITION FOR THE NDC

The NDC Logo Making Competition was successfully conducted, providing a creative platform for students to showcase their artistic skills and innovative thinking. Participants enthusiastically designed logos that reflected the vision, values, and identity of NDC.



The competition witnessed a variety of unique and meaningful designs, highlighting themes of creativity, professionalism, and teamwork. Each entry demonstrated originality and thoughtful interpretation, making the evaluation process both exciting and challenging.



STEPS TOWARD A TOBACCO-FREE SOCIETY : DAY 1



The event commenced with an awareness rally at Khandeshwar Railway Station, where students, interns, and faculty members actively participated in spreading anti-tobacco messages. The rally was followed by pamphlet distribution among commuters and local residents to increase awareness regarding the health hazards associated with tobacco use. The day concluded with an energetic flash mob performed by the interns, effectively capturing public attention and reinforcing the campaign's message.



RHYTHMS OF AWARENESS: ANTI-TOBACCO FLASH MOB AND SKIT

DAY 2

An awareness skit was presented in the college foyer area, creatively highlighting the detrimental effects of tobacco on oral and general health. The performance served as an engaging educational tool for students, staff, and visitors. This was followed by direct interactions with patients, during which informative messages were conveyed regarding tobacco cessation and the importance of adopting healthier lifestyle choices.



RAISING AWARENESS IN TURMALE: SAY NO TO TOBACCO DAY 3



The final day featured an awareness rally in Turbhe Village, focusing on tobacco prohibition and educating community members about the severe health consequences of tobacco consumption. Participants actively engaged with residents, encouraging them to refrain from tobacco use and to contribute towards building a healthier and tobacco-free society.



QUOTES OF THE MONTH

Mahatma Gandhi

"It is health that is real wealth and not pieces of gold and silver."

Dalai Lama

"The greatest wealth is health."

Steve Jobs

"Your time is limited, so don't waste it living someone else's life."