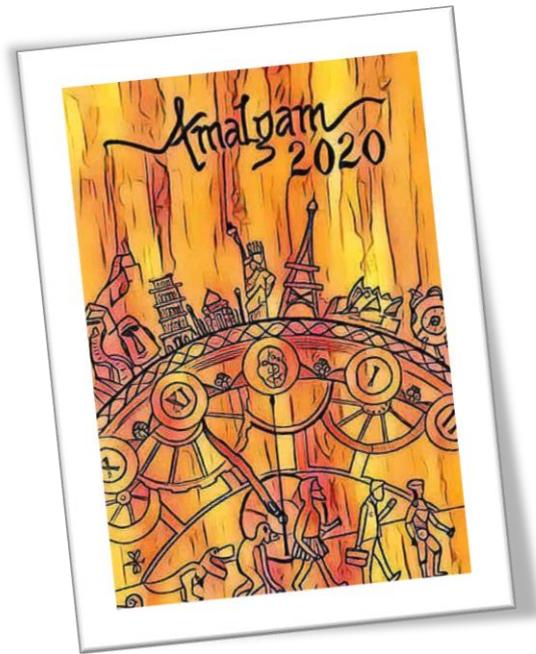


# Amalgam 2020



# Time travel- An Adventurous Ride to Our Past & Future



2

*That's the thing about time travel you're always moving forward, even when you go back.*

*Every era has brought certain changes with itself, some which are still appreciated and some that have vanished away.*

*The danger of the past was that men became slaves. The danger of the future is that men may become robots.*

*Monuments serve as testimonies of man's greatness and establish a dialogue between civilizations showing the extent to which human beings are linked.*

*The bad news is time flies. The good news is you're the pilot.*



**Cover Credits:** *Natasha Borse (II BDS)*

# MGM DENTAL COLLEGE AND HOSPITAL

## Navi Mumbai

Accredited 'A Grade' by NAAC

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### 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.

## DEAN'S MESSAGE



*Dear students,*

The year began well and all had a great time with the college week Magnum 2020.

The co-curricular activities were much needed after the hectic academic schedule, which was a great success. It was so encouraging to see most of you involved in various activities. The festivities ended and Corona Virus made its entry in our country. The college closed on 14/3/2020 as the lockdown began. No one knew that the New Normal would change our entire life. Nonetheless Our interns snatched this opportunity as a stepping stone to achieve greater heights. They were determined to utilise this time to study for their entrance exams, attend webinars and online courses.

This positive attitude and proactive behaviour will lead you all to success.

My best wishes to one and all for a bright and successful career ahead.

***The Road to Knowledge Never Ends.***

-Dr. Vanitha Shenoy

DEAN, MGM Dental College and Hospital

## EDITORS' MESSAGE



### ***The Power of Community***

The year 2020 was going to be THAT milestone year of our lives. Of all the years that you spend studying in a dental college, internship is the period that you look forward to the most. As fate would have it, a tiny virus came along and disrupted all normalcy. Our 'One last time(s)', our enthusiasm for organizing events and working as dental professionals in our alma mater were all unfortunately cut short. For the bad things that this pandemic brought with it, it gave us life lessons incomparable with any other. Sitting behind screens for months taught us the value of community, of the privilege of talking to our peer face to face, of the untainted joy of entering college during fest and seeing everybody else dressed up just as eccentrically. It also made one realize just how important it is to express gratitude to every person and every circumstance that has helped you along the way.

We would like to thank our respected Dean, Dr. Vanitha Shenoy for her timely guidance and advice. We also have immense gratitude for Dr. Jigna Pathak, the faculty in charge of the magazine committee, for her constant support through the process. Our entire batch of Interns 2020 for relentlessly working towards organizing the fest and their contribution to the magazine, especially the Pixel Team Heads- Arfath, Preethy, and Nilangi, without whose painstaking efforts during college events this wouldn't have been possible; the illustrator of the magazine cover, Natasha, for beautifully capturing the theme of Magnum 2020- "The Wheel of Time".

There was a lot of uncertainty about getting a magazine published during a pandemic, but here it is. We would like to thank Indu, Sakshi and Charlotte, for taking our work forward to completion. This magazine is as much their labor of love as it is ours. In conclusion, we hope that 2021 finds you in great health and in renewed vigor to get back to routine.

- Isha Rao and Maitry Shah.

## GENERAL SECRETARY'S MESSAGE



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*Proud MGM-ites,*

Securing the first rank in Final Year BDS was the most surprising achievement for me. But with great achievement came greater responsibility which was a challenge I was never prepared for. Being a studious student, I have always loved to participate in various cultural activities but even so, I had somewhat of a stage fear. I took this opportunity of being the *General Secretary* for my college as a challenge to overcome my fears. This journey of being the GS taught me several skills of leadership, multitasking, team work, overcoming stage fright, being patient and calm in difficult situations. This journey made me a better version of myself.

The efforts taken by the '*Student Council*' under the expert guidance of our beloved teachers and the ever-energetic participation of the students made MAGNUM 2020 a success.

I would like to thank our beloved Dean, Dr. Vanitha Shenoy ma'am for her constant guidance and support, all the teachers for believing and helping us throughout the toughest of times, my fellow interns and students of MGMDCH, who have contributed in every possible way. This adventurous journey of GS wouldn't have been possible without the core committee of 2019-2020. Finally, I would like to thank the magazine committee for giving me the opportunity to share my experience as '*GENERAL SECRETARY 2019-2020*' of MGMDCH.

To all the juniors,

Always grab all the opportunities that you get and do not fear responsibilities. Be greedy to learn. You are in the best institute, so make the most of it.

**"TRUST YOURSELF AND NEVER GIVE UP!"**

- HARSHADA NERKAR (General Secretary, 2019-2020)

## SCIENTIFIC SECRETARIES' MESSAGE



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Hello everyone!

It is an honour to be penning down these few words as your scientific secretaries for the year 2019-2020.

We've always considered the scientific events as an opportunity to escape our regular curriculum, to study and research about something new and different from our regular syllabus. It is an opportunity for everyone to think of new ideas, to work on our existing skillsets, thereby enhancing them. It helps you to develop confidence and passion for what you do.

It's not about winning or losing in these competitions but also about gaining experience, trying to improve your knowledge about the latest discoveries, to refine your understanding about different subjects

We would like to thank our Dean, Dr. Vanitha Shenoy, our staff in-charges, Dr. Divya Naik and Dr. Sankalp Bhandarkar, our scientific co-secretaries, Pranjal Daundkar and Shruti Pardeshi, our mentors and our entire team without whom this journey would not have been possible.

Even though our year was cut short, the enthusiasm in our students for the scientific activities and events could not be curbed.

We hope this flame of curiosity in your minds never die out!

- QASIM MANSOORIAN, SHAMIKA PURAO  
(Scientific Secretaries, 2019-2020)

# SCIENTIFIC REPORT

*'Knowledge is the only substance in life' – Albert Einstein.*

This one motto has always been followed in MGM Dental college and Hospital. Every single year we strive to make better changes and give every student an equal opportunity to learn new things. This year was no different from the rest. A variety of new programmes, various competitions and workshops were introduced to the students giving them all together a different learning experience.



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We present to you our scientific report of the year 2019-20. Our scientific year commenced with a lecture on the topic of **'DIGITAL SCANNING'**. It started with a short explanation on the topic explaining the uses and methods of digital scanning followed by a hands-on workshop where every intern was given a chance to try their bit on the new methods of digital dentistry. Not only were the students given a chance to try the intra-oral scanner but they were also explained the importance of each and every step.

One of the most awaited events every year has been the *World Dental Show (WDS)*. We received an overwhelming response with respect to paper and poster presentations. Not only did MGM have maximum number of entries but we also bagged the maximum awards. There were about **110 entries** for poster and paper presentations combined! A special mention here to the first-year students who tried to give their best shot against their experienced seniors.



Our college has always aimed at giving the best learning experience to the students in every aspect possible, may it be clinical, cultural or sports which makes it so unique. Keeping that in mind, a CDE workshop was arranged by every department. One such workshop held in the month of December was on **'FORENSIC ODONTOLOGY'** conducted by **Dr Hemlata P.** The importance of a set of 32 teeth in detection at a crime scene, discussing various case scenarios did give us the Sherlock feels. Who knew an oral cavity could solve a murder mystery?

It is said, 'suturing is a surgeon's skill'. To help us learn different suture techniques in a better way, a hands-on program on **'DIFFERENT SUTURING TECHNIQUES'** and lecture was organized by the Department of Oral Surgery under the guidance of **Dr Sunil Sidana**. This workshop not only helped us to learn different sutures but also to practise them, try it multiple times and correct our mistakes.

The constant efforts taken by our teachers to provide us and share with us every bit of knowledge that they have has been an important part of the education here at MGM. One such lecture organized by the department of **OMDR** was on **"CBCT TECHNIQUE"** conducted by **Dr Priyanka Tidke**.

## DENTAUX

Finally, the day arrived for "Dentaux", our scientific day on 17th February 2020. Knowledge is like a bright light which removes the darkness of ignorance and to begin the day the lighting of the lamp was done by our guest speaker Dr. Pradyumna Joshi, our guest of the day Dr. Sabita Ram and our dean Dr. Vanitha Shenoy. This was followed by a few words by our dean Dr. Vanitha Shenoy and by our guest of the day Dr. Sabita Ram.



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"Gaining knowledge is the first step to wisdom, sharing it is the first step to humanity". Our guest speaker Dr. Pradyumna Joshi gave an insightful lecture on "A to Z Endodontics" and enlightened us with his wisdom.



No event is successful without the participation and enthusiasm of our students. We had a total of 168 registrations which included intra-college and intercollegiate registrations. These included students from colleges such as D.Y. Patil Dental College, Bharati Vidyapeeth Dental College, YMT Dental College and Nair Dental College. A total of 73 paper presentations out of which 51 undergraduate presentations and 22 postgraduate presentations were received. 85 poster presentations were received.

Along with this video presentations, table clinics and a new event "Case Based Investigation" was introduced. The day concluded with the prize distribution ceremony in which the winners and runners-up were awarded with medals. The day couldn't have been successful without the guidance of our Dean Dr. Vanitha Shenoy, our scientific in-charges Dr. Divya Naik and Dr. Sankalp Bhandarkar and the hard work and efforts of our entire scientific team.



## CULTURAL SECRETARY'S MESSAGE



*Hellen Keller once said,  
Alone we can do so little, together we can do so much.  
And this is exactly what MaGnuM 2020 exemplifies.*

We embarked on our journey as interns, anxious yet excited. It began with us, Sanika Karmarkar and Keyur Pramanick being appointed as the cultural secretaries. Along with our co-cultural secretaries, Chandani Bhanushali and Sukanya Sawant, we began the magnanimous task of organizing the college fest that everyone intently awaits every year. But little did we know what was in store for us.

We realized that organizing the fest was fun but also taxing. Juggling between the department duties and patients and the fest work was not a cake walk. The process taught us a lot; it taught us to work as a team, to multitask, to be efficient, to be answerable to superiors responsibly, to try and take into consideration everyone's ideas and wishes and ultimately arrive at golden intermediates.

After multiple meetings, long hours of work, immense chaos and delays, and getting work done till the last very second before the fest inauguration, everything fell in place. Watching everyone enjoy, take part in the fest and create tons of memories was worth all the sweat and tears shed. The talent showcased by our very own MGMites was a cherry on the cake.

None of this would've been possible without the constant help, support and guidance at every step by our dean, Dr. Vanitha Shenoy along with Dr. Usha Asnani, Dr. Bharat Gupta and Dr. Sarika Shetty.

Cheers to all the hard work, creativity and participation that was a part of MaGnuM 2020 and all the happiness we took back home.

- SANIKA KARMARKAR, KEYUR PRAMANICK  
(Cultural Secretaries, 2019-2020)

# CULTURAL REPORT

*'We all have a **time machine**. Some take us back; they are called memories. Some take us forward; they are called dreams.'* -Anonymous

A few months back who would've thought that the whole meaning of 'normal' would change so drastically. It's ironic how our theme captured just that, the importance of time and its transitions. It was an amazing journey. Our very talented decor committee, did a fabulous job in bringing our theme to life. Also, the great organisation and execution skills of our core committee, enthusiastic participation from the staff and students contributed in making this journey a huge success.

The cultural team headed by Sanika Karmarkar and Keyur Pramanick, with the help of co-heads, Chandani Bhanushali and Sukanya Sawant, organised internal and external cultural events with the help of their team. This would not have been possible without the support and guidance of our cultural in-charges, Dr. Bharat Gupta and Dr. Sarika Shetty, our Dean, Dr. Vanitha Shenoy, Dr. Usha Asnani and Dr. Vaibhav Thakkar.



The teams were divided based on different timelines as per the theme, which made the competition even more interesting with everyone stepping in the ring with their best foot forward- 1st years as **'The Flintstones'**, 2nd years as **'The Neanderthals'**, 3rd years as **'The Sapiens'**, Final years as **'The Vikings'**, Interns as **'The Space Rovers'**, Post graduates as **'The Martians'**, Staff as **'The Royals'** and Non-teaching staff as **'The Freedom Fighters'**. Everyone cheered for their team, represented by their captains, with their slogans and drum-rolls.

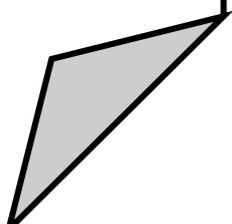
The fest started with our tradition of inauguration ceremony with all our MGM family, followed by our social service events comprising of Swachh MGM, tree plantation and blood donation drive. Then came the internal events comprising of different themed events such as Traditional Day, Comic Con Day, etc.



A special mention to the tremendous performance by our departments on the department day. Watching our professors in a new element left us completely awestruck. Simultaneously, the teams competed in the sports events keeping the *Josh* high. At last, the much-awaited external events were conducted which included fashion show, staff and student performances followed by committee walk and felicitations of the winners. We ended the event dancing away to the DJ night.

It was a beautiful journey, and a memorable time travel indeed.

# INTERNAL EVENTS



## INAUGURATION OF THE FEST



13

## BLOOD DONATION



## TREE PLANTATION



## SWACHH MGM



## RANGOLI



## SOAP CARVING



## DEBATE



## JUKEBOX



BEST OUT OF WASTE



MASTERCHEF



FACE PAINTING



ONE MINUTE TALENT



## QUIZ



## ANTAKSHARI



16

## ALFAAZ 2020



## EK EVENT STAFF KE NAAM



## DEPARTMENT DAY



## BAND



18

## DANCE



## FASHION SHOW



## DJ NIGHT





## CULTURAL EVENTS- WINNERS

SR. NO.	EVENT	PRIZE	WINNERS
1	RANGOLI	1 <sup>st</sup>	Kiran, Sonali, Monika (4 <sup>th</sup> YEAR)
		2 <sup>nd</sup>	Disha, Ankita, Shruti (PG)
		3 <sup>rd</sup>	Harshita, Pratiksha, Prajwal
2	SOAP CARVING	1 <sup>st</sup>	Anamika Chauhan
		2 <sup>nd</sup>	Sneha Damade
		3 <sup>rd</sup>	Shubham Tawade
3	QUIZ	1 <sup>st</sup>	2 <sup>nd</sup> YEAR
4	TREASURE HUNT	1 <sup>st</sup>	INTERNS, FACULTY
5	MGM's GOT TALENT	1 <sup>st</sup>	Tulsi, Chandani
		2 <sup>nd</sup>	Karishma Surve
		3 <sup>rd</sup>	Pragati Agrawal
		4 <sup>th</sup>	Dhrishti Patel
		5 <sup>th</sup>	Neelkamal Battu
6	JUKE BOX	1 <sup>st</sup>	Harshita Mirgh
		2 <sup>nd</sup>	Pradnya Ingrulkar, Dhara Dattani & Gayatri Patil
		3 <sup>rd</sup>	Mehek Marwah, Nachiket Amrutkar, Shruti Mhatre
7	DEPARTMENT DAY	1 <sup>st</sup>	ORAL PATHOLOGY
		2 <sup>nd</sup>	CONSERVATIVE DENTISTRY & ENDODONTICS, PROSTHODONTICS
		3 <sup>rd</sup>	PERIODONTICS
8	BEST OUT OF WASTE	1 <sup>st</sup>	Pranita J, Saloni B, Sanika G
		2 <sup>nd</sup>	Maitreyee B, Anmol M, Natasha B
		3 <sup>rd</sup>	Akanksha K, Asmita K, Rutuja K
9	FACE PAINTING	1 <sup>st</sup>	Dr. Bhoomi, Dr. Mithilesh
		2 <sup>nd</sup>	Dr. Aishwarya, Dr, Disha
		2 <sup>nd</sup>	Ajinkya Yadav
		3 <sup>rd</sup>	Karishma Jadhav
		3 <sup>rd</sup>	Shreya Desai

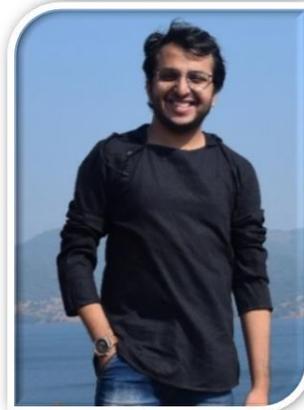




SR. NO.	EVENT	PRIZE	WINNERS
10	ANTAKSHARI	1 <sup>st</sup>	Interns
11	MASTERCHEF	1 <sup>st</sup>	Krutika S, Nikita R, Afsheen H
		2 <sup>nd</sup>	Soni G, Snehal B, Gauri P Madhavi P, Chaitanya P Birjees N
		3 <sup>rd</sup>	Gurleen Kaur Batra
12	DANCE		
	Solo	1 <sup>st</sup>	Siddhi Pansare
		2 <sup>nd</sup>	Abhishekh Israni
	Duet	1 <sup>st</sup>	Rucha Attarde, Sakshi Mugdiya
		2 <sup>nd</sup>	Sanjeevani R, Saloni B Neeraj K, Vaishnavi M
	Group	1 <sup>st</sup>	Interns
13	FASHION SHOW	Best Walk Male	Keyur Pramanik
		Best Walk Female	Surabhi Landge
		Best Prop Male	Abhijeet Tribhuvan
		Best Prop Female	Sejal Chauhan
		Best Costume Male	Vishal Karmani
		Best Costume Female	Mehek Marwah
		Fresh Face	Gayatri Patil, Anmol Mundhra



## SPORTS SECRETARIES' MESSAGE



*"A successful team beats with one heart"*

This statement was what we believed and cherished for in MaGnum 2020.

Our journey began with us, Hamza, Priyanka, Bhuvanesh and Asbah being appointed as the sports secretaries. All of us were extremely excited to take up this humongous task and do justice to this tag. It all started off with us coordinating amongst ourselves and putting out ideas and mapping down the events for college fest that everyone, including students and faculty, could equally participate in and enjoy.

We started off our journey with our naive intentions and had no idea as to what was in store for us. We realized that organizing the fest was exciting but it also came along with a lot of coordination and management. The process taught us to work efficiently as team and it is here where we realised that the innovative ideas and hard work gets manifested only if the team work is precise.

All of this and more was completely worth the hard work when we saw the students and faculty enjoying and putting out their best during the events. This was not a single man's work and we owe this victory to the constant support and guide by our Dean, Dr. Vanitha Shenoy, our faculty sports head, Dr. Sujeet along with Dr. Bharat Gupta and Dr. Laresh Mistry.

Magnum 2020 was a huge success and we took back home memories that we would cherish a lifetime!

-Outdoor Sports heads: HAMZA SALEMA, PRIYANKA VAIRAT  
Indoor Sports Heads: BHUVANESH BHUSARI, ASBAH SHAIKH

## SPORTS REPORT

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*'Sports do not build character. They reveal it.' -John Wooden*

In a year full of running around for lectures, clinical postings, projects, department work and what not, playing sports is the best way to let off steam. It encourages a healthy relationship between seniors and juniors, builds a camaraderie between team mates, presents with an opportunity to indulge in different kinds of sports at collegiate level, and just promotes health both mentally and physically.

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In this spirit, Magnum Sports 2020 was held during the annual college festival 'Magnum 2020' for students and faculty members from 3<sup>rd</sup> February 2020 to 17<sup>th</sup> February 2020.

In this duration, we conducted a number of outdoor as well as indoor sports events. The events were held in light of good sportsman spirit and fair play. Each year had to participate in the events and the winning teams were awarded with points accordingly. The teams were as following:

- 1<sup>st</sup> year BDS
- 2<sup>nd</sup> year BDS
- 3<sup>rd</sup> year BDS
- 4<sup>th</sup> year BDS
- Interns
- Postgraduate students
- Faculty members
- Staff members

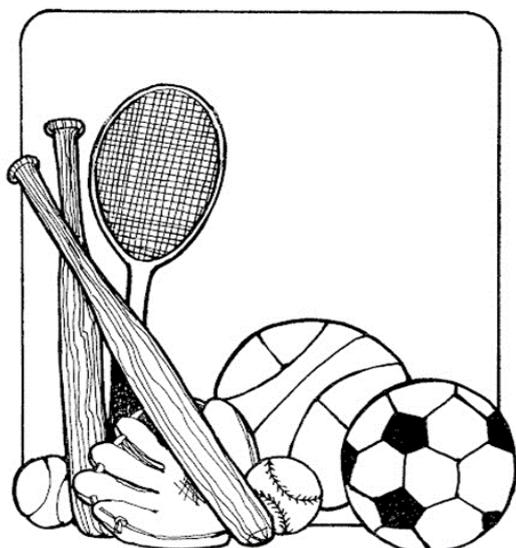
The various sports that were played included a category of outdoor sports- Cricket (Overarm), Box cricket, Football and Basketball as well as indoor sports- Table tennis, Carrom and Chess.

This was an event where the juniors surprised us with their talents at various games, their tenacity and their will to beat their seniors. Refreshments were also provided to keep their energy going.

At the end of the day, there were some expected as well as unexpected results. Veteran players took away the trophies at some events while the underdogs stole the spotlight in some others. It is for this enthusiasm, interest and eagerness, that the sports fest is conducted year after year with much success!

# SPORTS EVENTS- WINNERS

SR. NO.	EVENT	WINNERS
1	FOOTBALL (GIRLS)	INTERNS
2	FOOTBALL (BOYS)	3 <sup>rd</sup> YEAR
3	BASKETBALL (GIRLS)	3 <sup>rd</sup> YEAR
4	BASKETBALL (BOYS)	FACULTY & PGs
5	BOX CRICKET (GIRLS)	INTERNS
6	BOX CRICKET (BOYS)	2 <sup>nd</sup> YEAR
7	CRICKET (BOYS)	FACULTY & 2 <sup>nd</sup> YEAR
8	THROWBALL (GIRLS)	3 <sup>rd</sup> YEAR
9	CHESS (GIRLS)	Mansi (3 <sup>rd</sup> YEAR)
10	CHESS (BOYS)	Rajat (3 <sup>rd</sup> YEAR), Akshay (4 <sup>th</sup> YEAR)
11	CARROM SINGLES (GIRLS)	Vaidehi (4 <sup>th</sup> YEAR)
12	CARROM SINGLES (BOYS)	Dr. Mihir (STAFF)
13	CARROM DOUBLES (GIRLS)	Chinmayee, Vaidehi (4 <sup>th</sup> YEAR)
14	CARROM DOUBLES (BOYS)	Dr. Pritav, Dr. Kamran (PGs)
15	CARROM MIXED DOUBLES	Dr. Bharat, Dr. Sushma (STAFF)
16	TABLE TENNIS (GIRLS)	Dr. Jigna (STAFF)
17	TABLE TENNIS (BOYS)	Bhuvanesh (INTERN)
18	TABLE TENNIS DOUBLES (BOYS)	Bhuvanesh & Abhishekh (INTERNS)



# CAMPS REPORT

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## SOCIAL SERVICE REPORT

- **Swachh MGM-**

Gandhiji saw a dream of total sanitation for all. Following his ideology, a cleanliness drive was organized at the entrance of MGM campus. All students, interns, PGs, teaching and non-teaching staff participated in this event and the campus was left clean and tidy.

- **Tree Plantation-**

One sapling each was planted by students of each year, teaching faculty and non-teaching staff. After all, 'In planting trees if you take PAIN, there will be more oxygen and abundant RAIN'.

- **Blood Donation Drive-**

Every blood donor is a life saver. A total of 104 students and faculty members of MGM campus donated blood. The event was a huge success due to the overwhelming response of the donors and the warm and friendly atmosphere created by the volunteers.

## NATIONAL SERVICE SCHEME (NSS) REPORT

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

Apart from these activities, volunteers were enlightened by Dr. Samidha Gandhi regarding various aspects of choosing a partner through a talk on 'Wise or Otherwise'. The camp was supervised by Dr. Vaibhav Thakkar, Dr. Agraja Patil, Dr. Prachiti Terni, Dr. Sankalp Bhandarkar and Dr. Laresh Mistry.

In the evening, lots of games were played and campfires were lit which thoroughly complimented to the peace of that place. An amazing and adventurous trek was also organized to the Kothaligad Peth Fort.

The camp to Shantivan ended with heart-warming closing ceremony by the volunteers and NSS unit program officer, Dr. Agraja Patil giving a vote of thanks along with felicitating the chief guest, Ms. Shraddha Shelke. Overall, it was an overwhelming and enriching experience.

## FELICITATING ACHIEVERS OF THE YEAR 2019-20

### IV BDS

1<sup>st</sup>- HARSHADA NERKAR  
2<sup>nd</sup>- QASIM MANSOORIAN  
3<sup>rd</sup>- AMRUTA NAIK

### III BDS

1<sup>st</sup>- KARISHMA JADHAV  
2<sup>nd</sup>- AAKANKSHA KEDAR  
3<sup>rd</sup>- VAIBHAVI CHAURASIA,  
ADITI RANE

### II BDS

1<sup>st</sup>- KHUSHI MEHTA  
2<sup>nd</sup>- AAYESHA KHAN  
3<sup>rd</sup>- PEARL SILVERIA

### I BDS

1<sup>st</sup>- KARINA BORATE,  
GAURAV HINDUJA  
2<sup>nd</sup>- IFRAH KHAN  
3<sup>rd</sup>- DHARA DATTANI

Sr. No.	SUBJECT	TOPPER
<i>FINAL YEAR</i>		
1.	COMMUNITY DENTISTRY	<b>QASIM MANSOORIAN</b>
2.	PERIODONTICS	<b>ADITYA DHIRWANI, AFREEN MARCHANT</b>
3.	ORTHODONTICS	<b>ASHLY GEORGE</b>
4.	OMDR	<b>HAMZA SALEMA</b>
5.	ORAL SURGERY	<b>NIKITA RACHWANI, SHAMIKA PURAO</b>
6.	CONS. & ENDO.	<b>SHAMIKA PURAO, NEHA PATIL</b>
7.	PROSTHODONTICS	<b>URVI ECHPAL</b>
8.	PEDODONTICS	<b>ASHLY GEORGE</b>
<i>THIRD YEAR</i>		
1.	GENERAL MEDICINE	<b>KARISHMA JADHAV</b>
2.	GENERAL SURGERY	<b>KARISHMA JADHAV, VAIBHAVI CHAURASIA</b>
3.	ORAL PATHOLOGY	<b>KARISHMA JADHAV</b>
<i>SECOND YEAR</i>		
1.	PATHOLOGY & MICROBIOLOGY	<b>KHUSHI MEHTA</b>
2.	PHARMACOLOGY	<b>KHUSHI MEHTA</b>
3.	DENTAL MATERIALS	<b>AYESHA KHAN</b>
4.	PRE-CLINICAL PROSTHODONTICS	<b>KHUSHI MEHTA</b>
5.	PRE-CLINICAL CONSERVATIVE DENTISTRY	<b>VAIBHAVI KADAM</b>
<i>FIRST YEAR</i>		
1.	ANATOMY	<b>KARINA BORATE</b>
2.	PHYSIOLOGY	<b>RHEA D'CUNHA</b>
3.	DENTAL ANATOMY & DENTAL HISTOLOGY	<b>IFRAH KHAN</b>

# SCIENTIFIC

Sr. No.	Name	Year	Achievement
1.	Khushi Mehta	III BDS	<ul style="list-style-type: none"> <li>WDS UDAAN 2019(Poster competition 2nd Prize)</li> <li>CONS-ENDO DAY 2019(Poster competition 1st Prize) <i>Topic – Tideglusib: Is this the end of dental fillings, drills and cavities?</i></li> </ul>
2.	Mona Rizvi	III BDS	<ul style="list-style-type: none"> <li>MSDC 2019 (Poster Competition 1st Place) <i>Topic of presentation: Photodynamic Therapy in Treatment of Oral Lichen planus</i></li> </ul>
3.	Arpita Biswas	III BDS	<ul style="list-style-type: none"> <li>MSDC 2019 (Poster Competition 1st Place) <i>Topic of presentation- Cold Atmospheric Plasma (CAP)</i></li> </ul>
4.	Pranjali Naik	III BDS	<ul style="list-style-type: none"> <li>WDS UDAAN 2019(Poster competition 2nd Prize) <i>Topic- Application of stem 10cells in OMFS</i></li> </ul>
5.	Chaitanya Pinge	III BDS	<ul style="list-style-type: none"> <li>MSDC 2019 (Poster Competition 1st Place) <i>Topic of presentation- Velscope.</i></li> <li>MSDC 2019 (Work Model Competition 1st Place) <i>Topic of presentation- Microscopic Lens</i></li> </ul>
6.	Kaushik Srinivasan	III BDS	<ul style="list-style-type: none"> <li>CONS-ENDO DAY 2019( Poster Presentation 3rd Prize) <i>Topic Next Generation Restorative Materials</i></li> </ul>
7.	Sritej Jagtap	III BDS	<ul style="list-style-type: none"> <li>Online International Dental conference, 2020 organized by Kalinga Institute of Dental Sciences, Odisha in association with University of Genova (Paper Presentation- 2nd Prize) <i>Topic: Sodium Diammine Flouride</i></li> <li>Conference: MSDC 2019, Nashik (Paper Presentation- 1st Prize) <i>Topic: Burning mouth syndrome</i></li> </ul>
8.	Pranidhipurnima Rachh	II BDS	<ul style="list-style-type: none"> <li>Interstellate 2020, Nair Hospital and Dental College Scientific Fest.: Won Gold (1st prize) poster presentation &amp; silver (2nd prize) paper presentation</li> <li>X PERT 2020, D.Y. Patil Deemed to be University, School of Dentistry, International Day of Radiology, Poster presentation- 2nd prize.</li> </ul>
9.	Chanchal Dharia	II BDS	<ul style="list-style-type: none"> <li>Won table clinics in Jigyasa (2019- first place)and Dentaux (2020-2nd place)</li> </ul>
10.	Gaurav Hinduja	II BDS	<ul style="list-style-type: none"> <li>E- Poster: 3rd Rank: UG E-Poster International Competition for International Dental Conclave: Dentistry Beyond 2020, Organised by Online Dentistry: Dental Education Redefined. Special Mention in E- Poster presentation by Bapuji Dental College, Davangere.</li> <li>E-Slogan: 2nd Prize in E-Slogan Competition held by Dr HSRSM Dental College and Hospital, Hingoli.</li> <li>Video Making: 1st Prize in Video Making Competition, Held by XPert DY PATIL Deemed to be University.</li> <li>Mnemonic Making: 1st Prize in Mnemonic Competition, MNEMONICON 2020, Held by RC Caduceus of Medicos.</li> </ul>



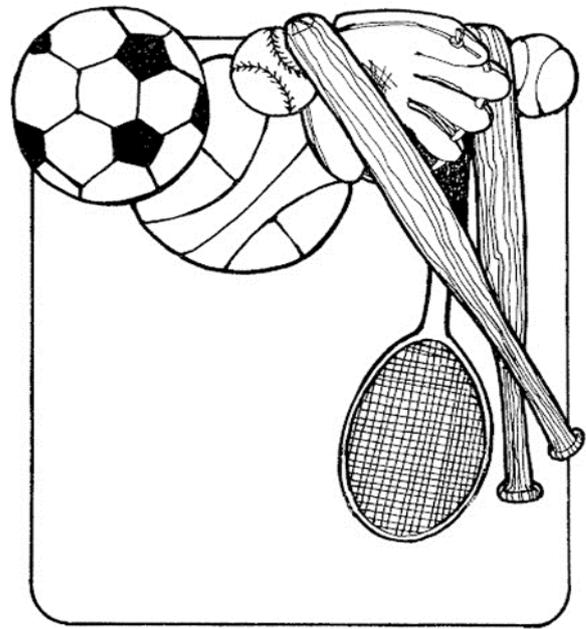
# CULTURAL



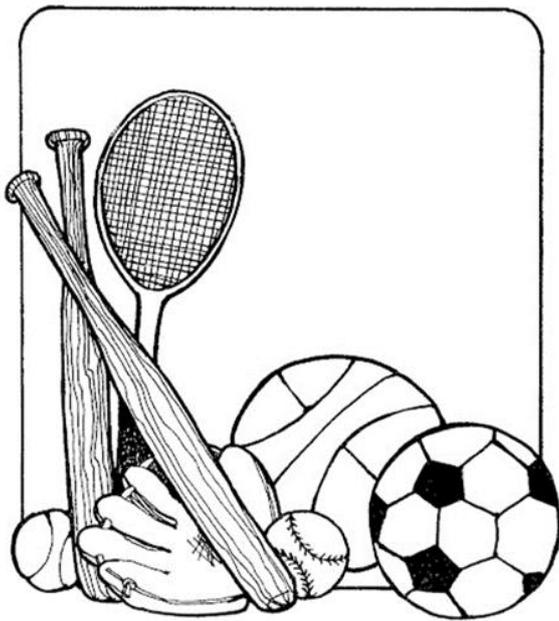
Sr. No.	Name	Year	Achievement
1.	Faisal Afzal Ansari	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (2nd prize)</li> </ul>
2.	Sonal Bhatkar	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (3rd prize)</li> </ul>
3.	Yashvi Hodar	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (3rd prize)</li> </ul>
4.	Shruti Pathak and Atharva Joshi	III BDS	<ul style="list-style-type: none"> <li>MGM Olympics 2019-Quiz (1st Place)</li> </ul>
5.	Atharva Joshi	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (3rd prize)</li> </ul>
6.	Chaitanya Pinge	III BDS	<ul style="list-style-type: none"> <li>MSDC 2019-20- Fashion Show (2nd prize)</li> </ul>
7.	Paavan Kapadia	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (2nd prize)</li> <li>WDS 2019-20- Fashion Show (3rd prize)</li> <li>MSDC 2019-20- Fashion Show (2nd prize)</li> </ul>
8.	Kaushik Srinivasan	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (2nd prize)</li> </ul>
9.	Sanat Gokhale	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- MAD ADS (2nd prize)</li> </ul>
10.	Shruti Bathe	III BDS	<ul style="list-style-type: none"> <li>WDS 2019-20- Mad ADS (2nd prize)</li> <li>MSDC 2019-20- Fashion Show (2nd prize)</li> </ul>
11.	Rahini Iyer	III BDS	<ul style="list-style-type: none"> <li>2019-20- MAD ADS (2nd prize)</li> <li>MSDC 2019-20- FASHION SHOW (2nd prize)</li> </ul>
12.	Sritej Jagtap	III BDS	<ul style="list-style-type: none"> <li>Conference: "Udaan" World Dental Show, Mumbai- Mad ads (3rd prize)</li> </ul>
13.	Nehin Shah	III BDS	<ul style="list-style-type: none"> <li>WDS Udaan 2019- Mad ads (3rd Place)</li> <li>MSDC 2019- Fashion Show (2nd Prize)</li> </ul>
14.	Anmol Mundhra	II BDS	<ul style="list-style-type: none"> <li>Ida Fashion Show 2nd prize</li> </ul>
15.	Maitreyee Bhosale	II BDS	<ul style="list-style-type: none"> <li>2nd prize in fashion show, IDA</li> </ul>
16.	Gaurav Hinduja	II BDS	<ul style="list-style-type: none"> <li>Quiz Competition: AIR -15, All India Quiz Competition, CEDEES 2020, Held by Exquisite 2020. 1st Prize- Intercollegiate Biology Quiz Competition conducted by Smt. CHM College of Higher Education, UNR-421003.</li> <li>Essay Writing: 3rd Prize PLECTRUM 2020, Held by IADS India</li> </ul>



# SPORTS



Sr. No.	Name	Year	Achievement
1.	Shruti Sandeep Manze	III BDS	<ul style="list-style-type: none"> <li>MGM Olympics 2019- 400 m Race (Gold)</li> <li>MGM Olympics 2019- Throwball (Silver)</li> </ul>
2.	Birjees Niyazi	III BDS	<ul style="list-style-type: none"> <li>MGM Olympics 2019- Throwball (Silver)</li> </ul>
3.	Dhruti Panchal	III BDS	<ul style="list-style-type: none"> <li>Maharashtra State Inter University Sports Meet (Kho Kho)</li> <li>MGM Olympics 2019-100 m Running (Gold)</li> <li>MGM Olympics 2019-200 m Running (Silver)</li> <li>MGM Olympics 2019- Throwball (Silver)</li> </ul>
4.	Atharva Joshi	III BDS	<ul style="list-style-type: none"> <li>MSDC Sports Event (Table Tennis Singles-2nd Place)</li> </ul>
5.	Mansi jain	III BDS	<ul style="list-style-type: none"> <li>MSDC 2019 Sports Event- Chess (1st Place)</li> </ul>



## SPECIAL MENTIONS



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**Ashley George** of MGM Dental College & Hospital, Kamothe won the *Pierre Fauchard Academy Award* in the year 2020. She was also nominated for “*Student of the Year*” category in the *7<sup>th</sup> Famdent Excellence in Dentistry Awards*.

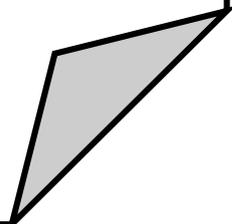




**Karishma Jadhav** of MGM Dental College & Hospital, Kamothe secured the *Second rank in the State in the 3<sup>rd</sup> BDS MUHS exams for the academic year 2018-2019*. She also featured on the cover page of the “*Student Digest*” December 2019 edition.



# LITERARY



### ***Story of an introvert***

A sweet little girl was asked by her mum, "honey, let's go out",  
With a visible disagreement in her face," noooo", she did shout.

Taking care of Princess, all arrangements were done,  
After a long discussion she mourningly said yes with no expression.

All the way to the place she stayed quiet n numb,  
Her mum sat wandering, did higher studies made her too dumb?

Every effort was made nothing made her smile,  
Why soo unconscious she behaved, even she was in thought for a while.

They reached the place but to come back they had to hurry,  
Why so limited, anxiously she was about to burst but her feelings she did bury.

Calmly she walked further with tonnes of emotions in her store,  
Happily, she breathed after a long, long time as she sat amidst the sea shore.

Finally, she spoke a lot with her unspoken words even though there was no one to revert,  
She knew only this endless sea could bare her emotions coz, princess, was an introvert.

- Arpita Biswas (3<sup>rd</sup> Year)

**Gift of life**

To live in this world,  
You must be able to do three things.

To love what is mortal,  
To hold it...  
Against your bones knowing,  
your life depends on it...

And when the time comes,  
to let it go...  
to let it go...

-Shweta Penkar {Intern}

Can you fall in love with a city the way you fall in love with a person, exploring its lanes and secluded corners, like you'd of a lover as you'd lay with them, on sunny afternoons, etching new words upon their skin with your fingers.

And would you stare at this city the way you'd stare your lover, noticing all their quirks and building fantasies around them. Imagining the winters and the springs and the summers, while laying down upon ground during autumn with them.

And would you talk to it, tell your secrets and leave a few laying just with them, as if they belong to no one else except you two, knowing that this city would hold it safe in its soul and never reveal them to anyone, thus forming a bond that could never be breached by anyone else.

So, tell me can you fall in love with a city the way you fall in love with a person?

Because I think I have.

In love with you Bombay.

~ Shweta Penkar (Intern)

**You'll always be mine**

Don't know how to say  
But you make my day  
You are the wanderer  
Walking on my way

Every word you speak  
Gives me that flick  
Every minute seems long  
Waiting for that blue tick

Then you start typing  
My heart starts beating  
Ohh finally a new message  
Yes it was worth waiting

When you go offline  
Its not a good sign  
But i know you'll come back soon  
I hope you are fine

Looking at mobile  
Staring at your profile  
Ohh there you came  
Bringing back my smile

You are my sunshine  
Emerging from the lonely skyline  
Your face is much intoxicating  
Than the precious old wine

You make me glow  
Make my emotions flow  
You make me shine  
Like fresh white snow

Our future might be frizzy  
But let's not be crazy  
We will glow together  
Like fresh beautiful Daisy

Keep one thing in mind  
We will be all fine  
Whatever happens ahead  
You'll always be mine  
You'll always be mine  
You'll always be mine

.....

-Kaustubh Raut (2nd BDS)

## Chasing Dreams

When we think about the word 'dream' or 'ambition', it often makes our mind ponder and think about what our true dream, our true ambition in life is. What are dreams? Are they really that important? Especially when we see so many amazing authors writing books about this concept or we see successful people talk passionately about it. Well, let us start with this: According to the English Oxford dictionary,

*Dream / dri:m / meaning a cherished aspiration, ambition or ideal. OR A strong or ardent desire of anything considered advantageous, honouring, or creditable.*

*Am I talking about the dreams that we see at night? No. Dreams are those thoughts, ideas or desires that motivate you in a positive way to achieve them. This is interesting because we humans are extremely lazy creatures and we constantly need motivation to work harder in order to achieve something that truly makes us happy and content. I know that it's really difficult for us to be happy in life but at least we strive hard to make our time on this planet worthwhile, isn't it? And dreams are exactly that. They're like the blueprint of our inner desires and aspirations in order to achieve success in whatever that makes us feel happy and proud about.*

*I believe that the most difficult part of this whole process is realizing those dreams. Sometimes we are clueless about what to do and what we like and what makes us happy. Dreams are the wishes of our subconsciousness. As we age, we tend to focus on what we should be doing rather than what we want to be doing. So how do we realise our dreams? These are the few things that I discovered which were common amongst most successful people who encouraged people to dream. Let's talk about it step by step.*

*Step 1 is CLARITY – I think Clarity is what we all struggle with. We need to know ourselves, our desires and our state of mind while latching on to something and calling it our dream. Trying to achieve it but not really enjoying the process of getting there and doing that. What's the whole point then, right?*

*I think this quote sums it up - "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." – Harriet Tubman.*

*The clarity of your dreams begins with you believing in yourself and being a dreamer.*

*Step 2 – DON'T BE AFRAID TO DREAM BIG – Well actually, don't be afraid to dream small either. It could be anything that gives direction to your life and makes you feel worthwhile. Like in my case, I never knew that I truly wanted to become a doctor since always. But somewhere deep down I knew it when I looked at doctors or observed the life that they lived. When they saw their patients smile, I knew it. It was tough, but I realised that:*

- A) I have clarity, and*
- B) I'm not trying to have an unrealistic ambition.*

*When we see "Dream big", they cannot be unrealistic. It needs to be in the scope of your resources, mindset and has to be achievable. For example, I cannot turn around and say "I want to be the President of the United States" because it's clearly not realistic and possible.*

*Step 3 – TRUST YOUR INTUITION – Intuition is a gift that we humans have. Often called as the 'gut feeling', it truly guides us to know what our heart wants.*

*Step 4 – LET GO OF OBSTACLES – Sometimes we tend to cut our own wings because we are afraid of heights. But one needs to know that "Everything worth having is not easy to get". I know by the time that you reach this paragraph, you must've thought "Why do I need to have an ambition? Can't I just go where life takes me? What's the hassle about ambitions and dreams and goals and what not? Does it really set me apart?"*

Well, here are some facts I need to mention. According to *The Journal of Applied Psychology*, a longitudinal study was conducted which came to the conclusion that there are positive life outcomes of ambition. Participants who were more ambitious did not appear to be made miserable or insatiable by their ambitions. Instead, it was found

that individuals who were more ambitious had higher levels of attainment in both educational and work domains. This success, in turn, was associated with higher levels of life and longevity. So does this mean ambition is a substitute for hard work? Absolutely not. But does ambition boost you in the right direction? Yes.

When we see most successful people, we often see that they are extremely driven, which clearly sets them apart, doesn't it? Ambitions or dreams act as targets that we need to achieve in order to attain happiness and success. I am not saying that highly ambitious people always fulfil their dreams and achieve their targets but more often than not they end up coming extremely close to those targets. This brings a sense of satisfaction in their lives. Isn't that what we all eventually want to achieve? Mental peace and satisfaction? Dreams encourage us, they teach us patience and importance of hard work. Dreams give us a sense of purpose.

The second part of this whole process of being successful is Chasing those dreams. I believe that ambitions give us that energy boost we need in order to work towards success. But like I said, it is not a substitute for hard work. Chasing dreams means being goal-oriented, managing your time and priorities, embracing the struggle and moving ahead with everything that takes you a step closer to living your dream. There are different theories given in different books by different people and you can go about with whatever suits you, but for me chasing my dream meant a lot of hard work, sleepless nights, writing a zillion exams, reading books and finally being a step closer to becoming a doctor.

You know, the best part about having an ambition and working towards it is that it never lets you down. Even if you fail. It gives you the satisfaction that you tried to set your eyes on something that you always wanted to do and you worked really hard towards it to the best of your capabilities. And that even if you failed, you learned a lot in that process and it helped you become a better person. I know that for some, a failed ambition can be a lot to take. Of course, it's disheartening but then it's not the end of your life. You can always try again. And even if you fail again, you can always Dream again, can't you?

There's a little poem that I'd like to add at the end:

*"It's unbelievable how the mind creates thoughts, From cosmos to sandstorms, things of all sorts.*

*How the mind creates an image, it's hard to understand. Some really bitter, some really scary while some glorious and grand.*

*But maybe mind is not alone, there's a heart too. A heart that drives you ahead to someday make these thoughts come true.*

*Some call these thoughts as wishes; some call it fantasies.*

*Some think that those are waffle cones that hold your life's ice cream.*

*But I think I know what to call it, so I call it DREAM!"*

*Keep dreaming and keep chasing them. Because it's never too late for you to dream or chase your ambition. No dream is too big or too small for you. As long as it's "YOURS", it is all that matters. Because like they say "A heart without dreams is like a bird without feathers"*

*Sometimes life is about risking everything for a dream that no one can see but you.*

-Karishma Jadhav (IV BDS)

## \*मी मिस कोरोना\*

मी मिरवणार.  
समद्यांची जिरवणार.

Audi बी जागेवर.  
मर्सिडीज बी जागेवर  
मोर लांडोर नाचताहेत  
त्यांच्याच टपावर.

Five star वाल्यांची बोलतीच बंद.  
मी मिऱ्या वाटणार राजकारण्यांच्या डोक्यावर  
मी मिरवणार.  
अन समद्यांची जिरवणार.

गरीब श्रीमंत एकत्र जेवणार.  
जात पात न जुमानता  
प्रेतं एकत्र जळणार.  
भाजी पाल्यासाठी रांगच रांग.  
मेड आहेत म्हणून मिरवणाऱ्या  
धुणी भांडी करणार.  
सगळा माज इथच उतरवणार.  
मी मात्र मिरवणार.  
समद्यांची जिरवणार.

दाग दागिने, कपडे  
कपाटातच रडणार,  
चड्डी न बरमुडा गालातच हसणार.

लुबाडलेल्या जमिनी हिरव्यागार होणार.  
स्वच्छ आभाळ वसुंधरेच्या प्रेमात पडणार.  
घाबरून समदे घरातच बसणार.  
मी मात्र मिरवणार.  
समद्यांची जिरवणार.

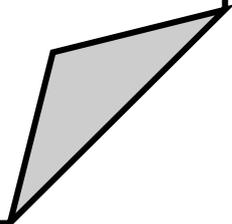
हिरो हिरोइनचा मेकअप उरवणार.  
सेलीब्रिटी म्हणवणार्यांना फरशी पुसाया लावणार.  
किटी पार्टीवाल्या पोळ्या लाटणार आणि नेल स्या  
वाल्या झाडु पोछा करणार.  
मी तोऱ्यात मिरवणार.  
अन तुम्हा समद्यांची मात्र जिरवणार.

दारु वाले सरबत पिणार.  
पिड्डावाले भाकरी खाणार.  
वाढदिवस साजरे घरातच होणार.  
मी नाकावर टिचुन मिरवणार.  
तुमच्या समद्यांची जिरवणार.

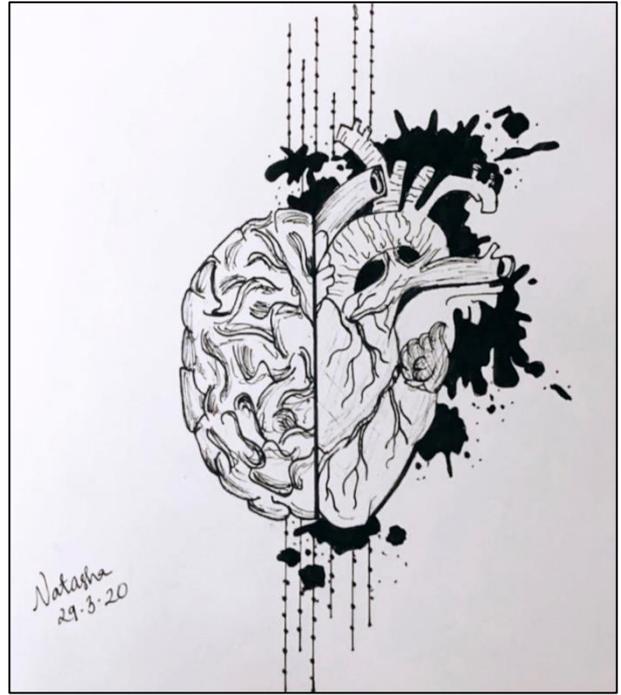
नद्या नाले हसणार.  
फुलं पानं बहरणार.  
प्राणी पक्षी नाचणार.  
पैसा संपत्ती जागेवर राहणार.  
मी मात्र मिरवणार  
आणि तुमची चांगलीच जिरवणार.

-Dr. Padmakar Baviskar

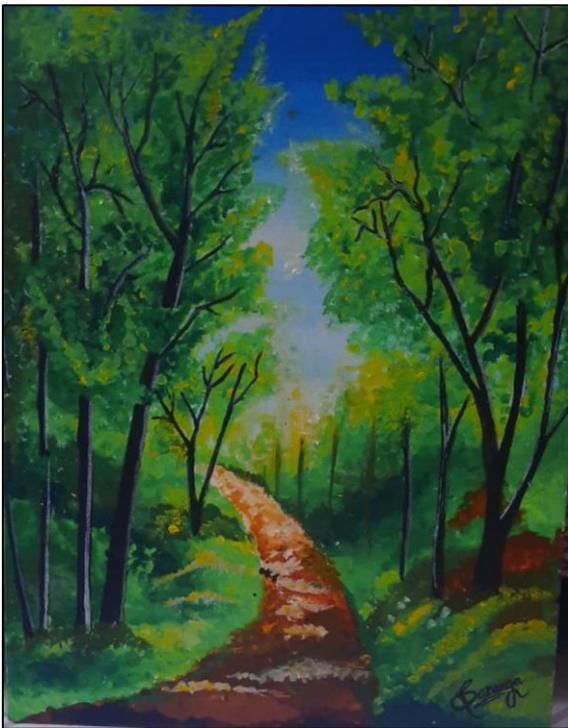
# ART GALLERY & PIXELS



ART GALLERY



-Natasha Borse (II BDS)



-Saranga Mahajan (IV BDS)



-Neha Sawant (IV BDS)



-Monika Sah (IV BDS)



-Kaustubh Raut (II BDS)



-Meet Kankariya (1 BDS)



-Aqsa Javed (1 BDS)

## PIXELS



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-Meet Kankariya (1 BDS)



-Akanksha Deshmukh (11 BDS)



*-Shweta Penkar*



*-Charlotte Saldanha (IV BDS)*



*-Afsheen Hamrani (Intern)*

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