



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade

Junction of NH-4 & Sion Panvel Expressway Sector -1, Kamothe,
Navi Mumbai -410 209

NATIONAL SERVICE SCHEME UNIT, MGMDCH 2025-26
NOT ME BUT YOU



Tel: 022- 27436604

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SHREYA MATE

Date: 19/08/2025

NSS Circular No. 14/2025

VALUE ADDED PROGRAM

This is to inform that Counselling Committee, with NSS UNIT of MGM Dental College and Hospital, Kamothe, is delighted to organize a value added course "MAAsterG Happiness Course", aimed at helping individuals face life's challenges and inspiring a positive transformation towards self discovery and inner peace for 1st, 2nd, 3rd and 4th year UG BDS students. The details of the same are mentioned below:

Sr.no	Date	Modules	Batch	Time/Duration
1	3 rd September 2025	<ul style="list-style-type: none"> Understanding mind Power of senses Emotional intelligence 	1 st , 2 nd , 3 rd and 4 th UG BDS (regular and odd batch)	9:30 – 1:30 PM
2	4 th September 2025	<ul style="list-style-type: none"> Destressing before exams Building healthy relationship Decoding duality 		
3	23 rd september 2025	<ul style="list-style-type: none"> Mindful use of social media Self-confidence and leadership skills 	1 st , 2 nd , 3 rd and 4 th UG BDS (regular and odd batch)	9:30 – 1:30 PM
4	24 th September 2025	<ul style="list-style-type: none"> Understanding dharma Finding purpose Realizing higher reality 		

[Signature]
DR. PANKAJ LONDHE
NSS Program Officer,
NSS Unit, MGMDCH

[Signature]
S. S. M.
Dean



Copy to all HOD'S



NATIONAL SERVICE SCHEME UNIT
M.G.M DENTAL COLLEGE AND HOSPITAL,
KAMOTHE, NAVI MUMBAI.



National Service Scheme Camp

Event: Value added course on "MAAsterG Happiness Course"

Date of Event: 3rd-4th and 23rd-24th September 2025

Venue: Dr.A.P.J.Abdul Kalam auditorium

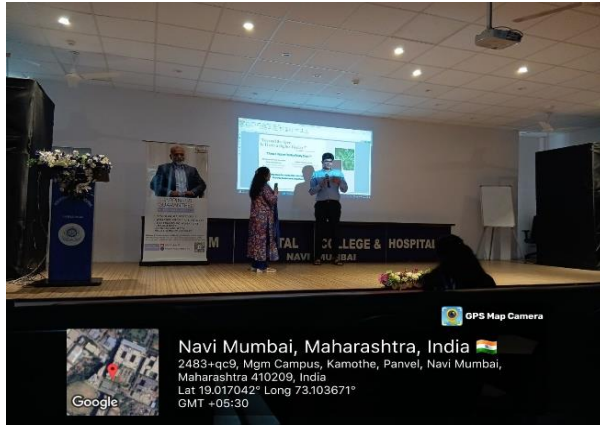
Organisation: NSS unit, MGM DCH

No. of Participants: Faculty- 6, Students: 54

REPORT

NSS unit in association with MAAster G had organised a happiness course for the students of MGM Dental College & Hospital. It was held at Dr.A.P.J. Abdul Kalam auditorium on 3rd,4th and 23rd,24th September from 9:30AM to 1:30PM. Aimed at helping individuals face life's challenges and inspiring a positive transformation towards a self-discovery and inner peace

Major emphasis was made on exploring inner balance and awareness. Further we were made to vision, think beyond the seen, to realise there is a higher reality. We were asked to ponder upon how to self-regulate, how to consciously correct our karma, it's consequences. The session enabled one to decide amidst duality, that is beyond right and wrong, giving one the power of inner balance thus giving one the power to turn a conflict into clarity. Further as the session proceeded, we explored inner balance and awareness. Amidst it all the students enjoyed a musical session held by the organisers to enlighten the audience. To conclude the session, NSS faculty members along with our respected Dr.Priyanka Khot ,counsellor presented a thanking speech and memoranda to guest speakers of the respective day.



Various activities conducted with students to explain the concepts better



Various activities conducted with students to explain the concepts better



A message from MAaster G for the beloved students



Felicitation of the guest speakers

List of Participants

Faculty	
Sr. No.	Name
1.	Dr. Pankaj Londhe
2.	Dr. Vaibhav Thakkar
3.	Dr. Agraja Patil
4.	Dr.Aishwarya Patil
5.	Dr. Ragini Sanaye
6.	Dr.Saurabh Waghchaure
7.	Dr.Neeraj Kolge
Student Volunteers	
1.	Abdul Basit Khan

2.	Anvi Hajeri
3.	Akansha Dhondage
4.	Anannya Durwas
5.	Aditya Kapse
6.	Aparna Konnur
7.	Astha Mankar
8.	Aditi Mayekar
9.	Anushka Vhaval
10.	Aditya Mahure
11.	Khushi Agarwal
12.	Harshala Ainapure
13.	Krishna Babariya
14.	Sourabh Bhateja
15.	Jagruti Gaikwad
16.	Trupti Gavit
17.	Neha Gite
18.	Khushi Jain
19.	Prisha Jain
20.	Sanya Jain
21.	Renuka Javal
22.	Varad Katkamwar
23.	Shrawani Khodade
24.	Khushi Mhaiskar
25.	Riya Murarka

26.	Nandini Khatavakar
27.	Parth Vichare
28.	Vanshi Patani
29.	Vaishnavi Patil
30.	Preity Patil
31.	Priyanka Padhy
32.	Rohan Chaudhari
33.	Shreegeeta Singh
34.	Ishita Sonone
35.	Ruchita Talele
36.	Spruha Surve
37.	Vedant Patil
38.	Tanishqa Patil
39.	Rituja Neroorkar
40.	Janhvi Zanjad
41.	Suheb Patel
42.	Keval Salot
43.	Swati Sonawane
44.	Faizan Khan
45.	Vaibhavi Rajadhyaksha
46.	Utkarsh Suryawanshi
47.	Swayam Anudhkar
48.	Gauri Bavasakar
49.	

	Ananya Karnik
50.	Veda Desai
51.	Shrutika Ohal
52.	Maheen Tamboli
53.	Areeba Khan
54.	Saumya Savla

