



MGM

Mahatma Gandhi Mission

MGM Institute of Health Sciences

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"Education means all-round drawing out of the best in child and man — body, mind, and spirit." – Mahatma Gandhi

MGM NEWS

Celebrating MGM's 25 SILVER YEARS Glorious Journey

Grade 'A' Accredited by NAAC

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Dr. Chander P. Puri

The pursuit of excellence is like sailing towards the horizon - A never ending quest across seven seas! Most amongst us wonder why the most 'rational' of all the living beings, pursue this seemingly unending journey. What's the purpose? Some spend our entire lives just thinking about it from the shore, eventually realising that it's too late to go anywhere. Many plunge into it without purpose and soon abandon their patience and perseverance midway, to hardships one cannot bear. Only a few blessed souls, sustain their inspiration to truly experience the horizon – the harmony of their body, mind and seven souls! Far wonderful than the seven wonders of the world!

We at MGM are all very fortunate to have chosen to be aboard one of those ships that sailed away from safe harbour just over twenty-five years ago, to pursue excellence in the field of Education and Service in the area of Human Health Sciences – MGMIHS. This January we all experienced the National Assessment and Accreditation Council's (NAAC's) careful assessment of our journey so far. Their evaluation results were presented to us and expectedly were overwhelmingly positive! It was an achievement that sounded like the melodious seven notes of nature's music singing aloud "ff NAAC ffff fff!"

And guess what? NAAC too had a seven point evaluation criteria! The assessment was based on the following evaluations:

- ✓ Curriculum Aspects
- ✓ Teaching Learning and Evaluation
- ✓ Research, Consultancy and Extension
- ✓ Infrastructure and Learning Resources
- ✓ Student Mentoring and Support including Student Participation
- ✓ Governance, Leadership and Management, and
- ✓ Innovation and Best Practices

As our journey continues, we are all destined to experience the joy of being welcomed through the gates of the seven rainbow colours in the horizon. Until then, to all whose invaluable contributions have got us a positive NAAC accreditation, wish you a heartfelt:

अभिनेदत ! बघाई ! अभिनंदन ! வாழ்த்துக்கள் ! অভিনন্দন ! हार्दिक !
आशीर्वाद ! Congratulations! مبارک ہو

Glimpses: NAAC at MGMIHS



Members of the NAAC Peer Team along with the faculty paying homage to the father of the Nation at MGMIHS.



Getting started to review the achievements of MGMIHS around seven evaluation criteria as defined by NAAC.



Members grossly involved in inspecting the Central Library.



Review of research programmes in the MGM Central Research Laboratory.



Inspecting the diagnostics and quality control programmes in NABL accredited laboratories.



Members appreciating the documentation and publications.



Taking a round of the patient wards of the hospitals.



Getting ready to review the surgical facilities in the operation theatres.

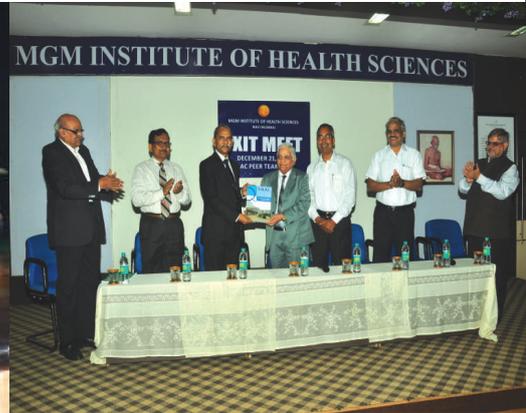


Dr Ajit Shroff, Dean, MGM Medical College, Aurangabad appraising the members about the programmes and accomplishments of the college.



NAAC Peer Team addressing the students in the Auditorium at Aurangabad.





Members appreciating the outreach programmes including the charitable work at the Autism Foundation.

Students deeply engrossed in musical extravaganza.

Dr Bharat C. Chapparwal, Chairman of the NAAC Team, presenting the NAAC Evaluation Report to Dr S.N. Kadam, Vice Chancellor, MGMIHS during the Exit Meet.

The 'A' Grade MGMIHS Story

NAAC – Upholding Quality!

The National Assessment and Accreditation Council (NAAC) itself emerged from the singular purpose of upholding the quality of higher education in India, as emphasized in the recommendations of the National Policy of Education (1986).

MGMIHS's Assessment Intent

The University perceived that the entire process of assessment and accreditation will not only help to evaluate its performance but also to know of its strengths and opportunities and to move confidently into the challenging future.

TEAM MGMIHS Positive Spirit

The NAAC team carried out its independent assessment of MGMIHS in the month of January 2014. The entire teaching as well as nonteaching staff of the constituent medical colleges was involved in the NAAC preparations. It was heartening to note the participatory approach, team spirit, as well as enthusiasm to improve in all the seven criteria as defined by the NAAC.

NAAC's Assessment and Accreditation of MGMIHS – A Report

The National Assessment and Accreditation Council was established in 1994 with a vision to make quality the defining element of higher education in India through a combination of self and external quality evaluation, promotion and sustenance initiatives. Taking advantage of this independent accreditation process by the most reputed autonomous institution of University Grants Commission (UGC), MGMIHS visualised that the implementation of this vision would help its institutes of higher education to: (i) stimulate the academic environment for promotion of quality in teaching-learning and research; (ii) encourage self-evaluation, accountability, autonomy and innovation; (iii) undertake quality-related research studies, consultancy and training programmes; and (iv) promote collaboration with other stakeholders of higher education for quality evaluation, promotion and sustenance.

Keeping these in view the MGMIHS had defined its policies, identified mechanisms and tools and invested significantly in research, academic restructuring, renewal of curriculum and a number of substantial infrastructure projects. The report submitted to NAAC presented the institutional achievements, strengths, limitations and proposed area of improvement relating to the all-round development of the colleges as an institute of excellence. As a reflection of these efforts, the university unveiled a new look and voice to accurately represent what MGMIHS stands today and where it will head in the future.

It may be mentioned that the university's long-term road map focuses on being the pre-eminent knowledge and research institution in the nation. The highest priority is to provide for resource allocation for development of those areas that represent the traditional strengths, quality, reputation and uniqueness of the university and that continue to effectively respond to the needs of students and other constituents. The goals of the university are nurtured, supported and monitored by various councils and authorities of the University. The members of such committees also provide intellectual guidance and policy advice regarding the university's future directions.

Curricular Aspects: MGMIHS, being a health university, adheres to regulations of statutory bodies like Medical Council of India and University Grants Commission and provides curricula that are well defined with a scope of need-based revision.

The Evaluation Result

The distinguished and honourable Director of NAAC, Prof. A. N. Rai, wrote to our respected Vice-Chancellor in his letter dated 26th February, 2014 confirming the outcome of the Assessment and Accreditation exercise, processed and approved by the Executive Committee of NAAC. MGMIHS has been accredited for a period of five years with 'A' Grade valid from 21st Feb. 2014.

Quality Impetus for Research

The University has set up state-of-the-art research laboratories in various areas of advanced biomedical research, like Proteomics, Stem Cell, Nanotechnology, Molecular Biology and Genetics. A Central Research Committee comprising of highly accomplished scientists monitor, co-ordinate, control and facilitate research activities. Collaboration within various departments of the medical colleges as well as other research institutions and industry is encouraged. Senior faculty members with good track record of pursuing quality research are recognised as Ph.D. Guides. About 90 students are currently pursuing Ph.D. Degree programmes in various disciplines. The students are encouraged and helped to write award winning research proposals for funding from agencies such as ICMR, DBT, BARC and others. The faculty and students are also encouraged and sponsored to participate in national and international conferences. MGMIHS has also started its own journal "MGM Journal of Medical Sciences" and accord priority to students to publish their research work.

Infrastructure for Learning

The University has very elegant infrastructure with well equipped laboratories, library with virtual as well as e-learning library, interactive boards and PowerPoint presentation facilities, OHP's, LCD projectors, DVD players etc in its classrooms and departments. The University spends over 15 million rupees every year in procuring books and journals. In addition the medical colleges have their own well equipped 800 bedded teaching hospitals with speciality and super speciality services both at Navi Mumbai

The main thrust in improving curriculum programmes has been towards ensuring and enhancing quality of medical education and training at all levels and making these student centric.

The curriculum of various UG and PG programmes are developed updated and reviewed by various Boards of Studies on the guide lines of MCI and UGC, who meet regularly and after thorough deliberations they submit recommendations to update existing curricula and introduce new courses of study. The local, national and global needs are always kept in view while developing relevant curricula. The curricula prepared by the Faculty of university, its constituent colleges in consultation with the experts from national institutions, research organization and other stake holders. Thrust is given to emerging areas in health sciences, advancement in skill development, value based education and new job orientated courses based on needs of local community are also introduced.

Teaching-Learning and Evaluation: The university considers teaching-learning and evaluation as its keystone in the academic process by always putting in constructive, timely and appropriate efforts to create encouraging academic environment. Learner centric experience based practical approach is adopted. Some of the key features are: transparent admission process; admissions through Common Entrance Test held all over the country with ample media coverage and advertisements; merit based through open counselling process; extensive orientation programme including communication skills, etiquettes and medical ethics; faculties having excellence in their respective field of specializations who impart the professional training; teaching learning strategies include didactic, interactive lectures, group teaching, practical's, project work and clinical postings; evaluation system as per the Statutory Bodies' Guidelines; evaluation of teachers by students through structured feedback is conducted; and others.

Research, Consultancy and Extension: This University believes that teaching and research in higher education has a symbiotic relationship, and is committed to support and pursue research to develop knowledge and technology to resolve imperative issues and to improve the quality of life of people. The university's research programmes make important contributions to instructional methods through the involvement of students and faculty. The University lays emphasis on establishing its areas of strength and concentrates its existing resources towards areas of research and doctoral studies which will be a mean to achieving recognition as centre of excellence.

Student Support and Progression: The students are the primary stake holders of the University. The university realizes its vision and mission centred on student empowerment, inclusive practices and knowledge, skill, competence development. The university takes all possible measures to support students and help them to make steady progress in all fields. Individualized care is provided through mentorship and parent-teacher meets are organized regularly. This has resulted in a zero drop-out ratio. Slow learners and low achievers are specially taken care of. They are continuously mentored, counselled, encouraged and motivated to improve their performance. Their personal difficulties, if any, are resolved. Rapid learners get constant encouragement. Various awards and medals have been instituted for students who excel in academics and extracurricular activities.

Various committees have been constituted for the welfare of the students. The University assists all deserving students by way of stipends, fee concessions, subsidized messing and accommodation and other welfare measures. Indoor and outdoor sports facilities are provided, besides conducting sports and athletic meets. Cultural and sports activities at regional, state and inter-university level (participation, training, selection, competition and prizes) are encouraged.

and Aurangabad. Boys and Girls Hostels, Staff Quarters, Guest Houses, Cafeterias, spacious Playgrounds, Gymnasias are part of the campus.

Pursuing Quality and beyond...

Now, with the NAAC accreditation in place how we should continue to maintain and improve. Friends, it is not just about following processes and standards of quality based on NAAC guidelines. That is essential, but there is something more important that you should be aware of. It is called Values that build our character. A look at the core values good guideposts for us.

NAAC's core values are:

- Contributing to National Development
- Fostering Global Competencies among Students
- Inculcating a Value System in Students
- Promoting the Use of Technology
- Quest for Excellence

As reported widely in newspapers recently, threshold of becoming independent of its umbrella body University Grants Commission (UGC). Hence the upholder is itself raising the quality bar further up. An opportunity for us too!

So while we can all find it easy to immerse ourselves in diagnosing symptoms, prescribing medicine to cure, etc., it is extremely important that we do not forget to contribute our little bits in furthering the quality in our work, and also our little bits in building good values too. That is what made our profession noble.

And if ever a thought bugs you as to why bear this burden in your already busy schedule, think again. Perhaps, you may find solace and inspiration in the word 'sacrifice' – which generations make, in far greater degrees of severity, beyond their normal call of duty. That sacrifice today provides you the freedom and liberty, so easily taken for granted by you, but which they never had in their lifetimes.

Our journey continues...

Governance and Leadership: The university has been established under Section 3 of the UGC Act 1956. The Act provisions provide for autonomy to the university in making policy decisions – framing of statutes, regulations and ordinances, recruitment of staff, creation of posts and so on. The Vice-Chancellor provides leadership through academic administration and management, improvement of assets, financial resources through well established bodies. As provided in the MGMIHS rules the following authorities have been constituted: Board of Management; Academic Council; Planning and Monitoring Board; Finance Committee; Advisory Committee; Board of Examinations; Board of Studies and others.

The university ensures academic excellence with the support from its academic council, BOS, Dean of faculty, Committees etc., Effective evaluation and assessment system through its diligent evaluation section; Quality up-gradation of its human resource, both teaching and non teaching staff, who is encouraged to participate in training programmes with special leave and full financial assistance; Functional appraisal and evaluation (self, student, peer, and employer) system of its human resource; Encourage donors to participate in university programmes / activities through Donation, creation of Endowments, Institution of Gold medals, and providing sponsorship; student/employee welfare schemes.

Internal Quality Assurance System: The University has number of inbuilt innovative and best practices. The heart and soul of innovation in education lies in its ability to improve human knowledge base in a structured manner that can benefit the society. To nurture innovation in an academic environment the need for building knowledge enquiry capability amongst all its stakeholders and providing challenging platforms cannot be over emphasized. Such an environment at MGM University is created through use of integrated technology in education, an effective learning environment and creating attributes and interdisciplinary approaches. To maintain high standards of internal quality, admission process has been made transparent and open. It is purely merit-based. Selection process of teaching faculty is very rigorous with emphasis on competence and teaching skills. All teachers have to go through skill-enhancement programmes periodically to keep them up-to-date.

Human values of equality, social justice, compassion, communal harmony and ethics are inculcated into students from day one in the university. Principle of 'Simple Living and High Thinking', as preached and practiced by Mahatma Gandhi, is stressed upon. Students are motivated to become good, law-abiding and noble Indian and World Citizens.

The institute tries to fulfill its community obligations by arranging regular home visits, periodic health check-ups, immunization drives, health education lectures, street plays, exhibitions and lectures on prevention of child labour practices and child marriages in the neighboring towns and villages of Raigad and Aurangabad districts.

The need for environmental consciousness along with progress is must for safeguarding the future. The university's 'Green Policy' approach, energy and water resource conservation systems and participatory approach by students, faculty and management ensures that the university is in sync with the global approaches to conservation of nature.

Vice Chancellor's Voice



Dr. Sudhir Kadam
Vice Chancellor

The New Year 2014 opened its doors for us rather colourfully like a rainbow! MGMIHS achieved the much sought after NAAC accreditation and that too with 'A' grade.

When one looks back at our humble beginnings over 25 years ago, this achievement today fills us with a deep sense of humble satisfaction as well as immense gratitude towards all those many people and associates who have invaluable contributed their bits towards making MGMIHS worthy of this NAAC accreditation today.

One is also reminded of the fact that like good health or good education, it is one thing to achieve good credentials; another thing to sustain that goodness over time and yet another thing to put that goodness into practice towards the service of mankind. Therein lie our future challenges and opportunities.

The one sure way forward is by having an open and humble mind, willing to continually pursue education and learn!

Sincerely,

A handwritten signature in black ink, appearing to be 'Sudhir Kadam', written on a white background.

Vice Chancellor's Message

There was a saying in my childhood, which in my humble opinion, is valid even in today's fast-paced life, but which many may find a bit out of place, given the changed environment and role models of today, as compared to those during our struggle for an independent India. The saying went like this: If money is lost, nothing is lost, If health is lost, something is lost, but, If character is lost, everything is lost!

Most amongst us at MGMIHS are primarily involved in the opportunity of trying to recover whatever 'something' gets lost in the area of other people's health. Given the fact that we ourselves are over a billion plus people, it is imperative that most of our priorities in terms of time, money and efforts get devoted towards improving other people's health.

It was flashed recently in newspapers that the overall average age of Indians has increased by about 5 years, over time – a magnificent achievement, at first glance. I thought about it couple of times and wondered if that 'increase' itself was a cause to celebrate. It took me back to the age old debate between 'quantity – increase' and 'quality – improvement'. Have we been able to 'improve' upon the quality of people's health (read life) or just ended up extending their lifespan by a couple of years without having a qualitative impact? If yes, we need to know about that as well. If not, then is just increasing the lifespan enough to pat ourselves? Further, does it mean that we as doctors also have an additional responsibility of building not just the health/life of our citizens, but also qualitatively improve the character of our people/nation, taking inspiration every single day from the first two words in our institutions name – Mahatma Gandhi? Gandhi had himself concurred once that “It is the quality of our work that will please God and not the quantity”. I leave you with that thought to ponder and would be keen about your reactions.

As you may all be aware, in the month of January 2014, distinguished and honorable team members of the National Assessment and Accreditation Council visited the MGMIHS campus for a review. While we did complete and celebrate our silver jubilee recently, it occurred to me during that review that, the Jubilee celebration was a quantitative one about having accomplished a 25 year journey milestone. The NAAC team's positive review and accreditation however was a qualitative independent assessment and in that sense a pretty important pat on the back for our entire team MGMIHS and a reflection upon our character at MGMIHS, which we have painstakingly build over the last 25 years.

On behalf of the governing members of MGMIHS, I extend my heartfelt and deepest sense of gratitude to one and all who contributed towards our MGMIHS getting a positive accreditation from NAAC. Today, we all deserve to celebrate this milestone with a widest possible spread of our smiles cheerfully accompanied with a far deeper sense of humility too.

Chancellor's Republic Day Greetings!



Dr. Narayankhedkar
Chancellor
MGM Institute of Health Sciences

Importance of Values

"Our commitment to the fundamental principles namely – Accountability, Collaboration, Commitment to Results, Trustworthiness, and Humanitarianism; inspires us to excel and to behave in ways that inspire the trust of others. Each of us is also responsible for upholding the values and living in accordance with them every day. When we put our principles and values into action, we demonstrate our pledge for ethical behaviour in Mission."

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." – Mahatma Gandhi

Guiding Address During Republic Day Flag Hoisting Ceremony

On the occasion of the 65th Republic Day of India I extend to you all including Alumni, my greetings and best wishes for your happiness, safety, progress, and achievements.

At the outset, let me quote from the address of our President of India, Shri Pranab Mukherjee, on the eve of Republic Day of India 2014 - "Education has been an inseparable part of the Indian experience. I am not talking only of the ancient institutions of excellence like Takshashila or Nalanda, but of an age as recent as the 17th and 18th centuries. Today, our higher educational infrastructure consists of over 650 universities and 33,000 colleges. The quality of education has to be the focus of our attention now. We can be world leaders in education, if only we discover the will and leadership to take us to that pinnacle. Education is no longer just the privilege of the elite, but a universal right. It is the seed of a nation's destiny. We must usher in an education revolution that becomes a launching pad for the national resurgence." I would also like to quote from the speech delivered by Dr. APJ Abdul Kalam during Interaction at EMEA College of Arts and Science, Malappuram, which is inspiring and reminding of our capabilities. He said, "It doesn't matter who I am, I will work, work and work, All the forces of the universe will also assist me, I will achieve what I dream, Even reaching any part of our Galaxy."

My dear students, when I see you all, I see in you great doctors, great managers, great teachers, great nurses, great researchers, great innovators, and great entrepreneurs. What you need to do is to understand your capabilities and potential and work hard. We have great expectations from you all as MGMIHS students! Remember that we can take up challenges and successfully execute them. I would specifically like to mention about the three major programmes in our country - Space, Defence, and Atomic Energy programmes. These programmes succeeded in the midst of many challenges and problems. I had the privilege and opportunity to work with some great organisations addressing our national mission, where I gained many valuable action lessons, such as:

- Defining clear vision leads to realization of big dreams.
- High level thinking transforms vision into mission.
- Keeping eyes and ears open for acquiring knowledge from all sources leads to great innovations.
- Working relentlessly without boundary conditions and with end goal in mind leads to realization of the mission, and
- Never, ever give up.

I strongly endorse above mentioned actions as they are essential to be a successful person! Let us cultivate these actions to realize our goals!

Importance of Research Culture

“Academic Institutes the world over are transforming into organizations with greater commitment to innovations for the social and economic benefits of their stakeholders. The image of academic institutes is gradually changing to research and innovation institutes. This happens with a simple activity of thinking and thinking out of box. This habit can lead to great innovations.”

Fruits of Research – An example

“Seventeen minutes after liftoff at 4.18 pm, on 5th Jan – 2014, the GSLV-D5 rocket successfully injected GSAT-14 communication satellite into geosynchronous transfer orbit. India had got seven cryogenic engines from Russia and ISRO has used six of them. With no affordable supply coming from abroad, India felt the necessity to develop its own cryogenic engine, which uses liquid hydrogen as fuel and liquid oxygen and oxidizer. Cryogenics, the science of extremely low temperatures, has posed a challenge to rocket scientists across the world. With the launch of GSLV-D5, India is joining countries like the US, Russia, Japan, France and China which have successfully developed their own cryogenic engines. Let us look forward for more such developments by our youth to make our country proud of our talented youth!”

Importance of a Teacher

“A good teacher inspires students. Such teachers finally end up in shaping career of their students. They are always remembered and admired.”

“Good teachers are more interested in the process of learning than achieving specific goals. They admit their own mistakes, entertain radical ideas by students, discuss feelings, foster cooperation, and encourage students to plan their work, provide resources beyond the call of duty.”

- Marilyn Ferguson

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As a fast developing country, our people are appreciating the results of home grown research and are sensitized to the need for nurturing an indigenous research culture. We, as a developing country, were looking at the advanced bench mark the world is making every day! I feel the scenario has to change and the world should look at our country for the bench marks! We are witnessing several demonstrations of indigenous technology developments in the recent past! A recent example was the successful launch of GSLV-D5 rocket, which is powered by an indigenous cryogenic engine, from the Satish Dhawan Space Centre in Sriharikota on Sunday the 5th January 2014 by Indian Space Research Organisation (ISRO). For the development of indigenous cryogenic engine, several academic institutes and industries within our country were involved. This clearly demonstrates how Indian academic institutes and industries are geared towards indigenous development of technologies. Thus, the academic institutions are now opening up and are encouraging R and D and Innovative activities! Live problems are also being tackled!

Thus, today, the success of our country depends on leadership in research institutes and motivating young minds. Apart from this, the research and development activities leading towards technological developments need greater efforts and deeper commitments. Time is ripe for structured way of working together for both industry and academia on inter disciplinary projects to raise our capabilities and meet the sky length expectations! I admire the vision of our management emphasizing research and following it vigorously.

The responsibility lies on all of us! The commitment starts with individual, organisations and thus the country. Each one of us is responsible for the progress and future of organisation as also each one of us will have to bear blame for shortcomings and deficiencies. We must recognize that just as we ask for our rights, we have an obligation to perform our duty.

In an educational institution teacher is the key person. Name of a teacher is always associated with a great person. For example, Mr. Charles Waters, the then Principal of Central College is always remembered along with Sir Visvesvaraya for his love and inspiration for Sir Visvesvaraya as his student. Let us imbibe these virtues and shape our youth to build our country. Let us make education in our mission a student centric, learning centric, knowledge centric, research centric and innovation centric for creating the best human resource.

Let me once again greet you all on the occasion of 65th Republic Day. Let us all strive to work for the betterment of the MGM Trust and do our little bit in taking the Trust “to greater heights”. “Let us make 'MGM' as an attractive destination for scholars from all over the world”. Let's dedicate ourselves to the cause of helping the underprivileged & needy. Let me conclude my address by emphasizing: If you want one year prosperity - grow seeds; if you want ten years prosperity - grow trees; if you want one hundred years of prosperity - grow people. My dear students, staff and faculty, I take this opportunity to wish you all once again peace, safety, progress and accomplishment. May God bless you all! Jai Hind! Jai Maharashtra!



Dr. Chander P. Puri
Pro Vice Chancellor (Research)

What is research?

Research is a harmonious opera that passionately blends purposeful curiosity and innovative creativity with disciplined process, patient observation, and untiring perseverance. Such is the importance of research that without it, humans would still have been scratching each other's back, sitting aside other apes in forests formed over millions of years, literally! Just look around wherever you are and try to identify anything man made, that does not have its roots in research. In a lighter vein, this search might be far more difficult than research itself, and hence a potentially new topic for research!

Research is Integral to Education and Health Promotion

Research is an integral to almost every realm of our work in the medical institution, whether it is teaching, or protecting the health of people or delivering community services. It is directly connected with critical and independent thinking, creativity and more importantly to new discovery. It is the creative ability of the teacher to adopt a holistic approach and utilize his subject knowledge to design course content, develop effective performance tasks, and design assessment tools. Creative thinking and experimentation of appropriate research methodologies can result into inventing new ways of learning, which may lead to improved pupil performance, increased motivation, commitment and better behavior.

On the health front, the increased life expectancy at birth of our fellow humans, over the past century, can surely be attributed to advances in medical research. Improvements in awareness about diseases, advances in diagnostic technologies, discovery of new drugs, improvements in drug delivery and surgical techniques have all resulted in an appreciable decrease in mortality and morbidity due to heart attack, stroke, diabetes, breast cancer and even mother-to-child transmission of HIV/AIDS. As our understanding of human biology at the molecular and genetic levels evolves further, one can envision health care that would predict our individual susceptibility to diseases, and provide more useful and person-specific tools for preventing diseases.

The larger the university faculty dedicated to research, the better would be the research productivity shown by the University. It is essential to align the biomedical research enterprise with national needs - bringing together government, academia and industry to build upon strict principles, and that the outcomes of funding be measurable and address training, scientific consequences, technology creation, and economic benefit.

It is also essential to recognize that success in research requires consistent management of the research process and research capable individuals. It is equally essential to appreciate that it requires long periods to move from discovery to competitive product delivery. Long-term, sustainable biomedical research funding, based upon strategic priorities, is essential for research and to reap its benefits.

Promoting critical thinking, curiosity for learning, academic medicine, research and innovation within the MGMIHS is vital for the future of our students as well as patient care. The MGM Trust recognizes this vital need and commits itself to accomplish this goal.

The ICMR STS – A Great Incentive to Integrate Research with Clinical Practice

It is heartening to note that more and more medical students of various medical colleges in the country are showing keen interest in this program. Under this program, ICMR awards studentships to deserving undergraduate students during the vacations. The value of the studentship is Rs. 5,000/- per month for 2 months' duration. It is meant to be a stipend for the student. Cost of research will be borne by MGM Medical College. If you have missed the opportunity of availing this program this year, please do not miss it next year.

For any queries the students may contact:

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ICMR Short Term Studentship Program

The Indian Council of Medical Research has initiated the Short Term Studentship (STS) Program to promote interest and aptitude for research among medical undergraduates. The main objective of this program is to provide an opportunity to undergraduate medical students to familiarize themselves with research methodology and techniques by being associated for a short duration with their seniors on ongoing research program or by undertaking independent projects.

The 'Five Vices'



Dr. (Lt. Gen.) S. K. Kaul
Pro Vice Chancellor

Is there any solution for preventing sexual depravity? Yes, by instilling strong values of gender equality and respect for women in everyone, right from childhood and by imparting proper, scientific sexual education in schools. Societal permissiveness of subjugation of women by men, based on misinterpreted religious and other traditional discourses, must be fiercely weeded out, wherever it persists.

"These violent delights have violent ends, And in their triumph die, like fire and powder, Which, as they kiss, consume." – From the play, Romeo & Juliet.

How can Anger be controlled? Patience and tolerance must be imbibed into children by their parents and teachers from the very beginning, so that these qualities become ingrained into their character as they grow. Self-introspection, spiritual education, yoga, cognitive restructuring and learning better communication skills can help those with short tempers, to contain anger within manageable limits.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." – Gautam Buddha

Greed need not only be limited for making money. Greed for getting undeserved fame is equally bad. Such a person poses to the public as someone what he is not - a great

Root Causes of All That is Evil

We keep on dreaming of an ideal world, free of violence, hatred, corruption and oppression; a world where rule of law, equality and social justice prevail; where freedom of speech, freedom of faith, right to life and right to property are guaranteed and where might is not the right. Is such a world possible? Not likely. Because certain behavioural traits which man acquired during the evolutionary process - as tools for survival, have grown into vices and transformed him into a greedy, intolerant and violent monster.

Our scriptures name **five** traits of man which are the root causes of most of the turmoil in the world namely, **Kaam** (Lust), **Krodh** (Anger), **Lobh** (Greed), **Ahamkaar** (Delusional feeling of superiority over others) and **Irshyaa** (Jealousy). You can remember them with their first alphabets rearranged as LAKKI! Some more negative traits have also been mentioned, like **Moh** (Attachment), **Alasya** (Laziness) etc, but these are probably less important. Other religions hold similar views.

Why did these traits transform into vices? Because man strayed off the path of righteousness. Why did he go astray? Because he experienced more of exploitation and less of benevolence at the hands of his rulers whom he had accepted, in good faith, as his protectors, as keepers of good social order and as dispensers of justice. So he learnt that what matters most in this world, is power – muscle power and money power - not moral values. So he gave up the path of righteousness. His positive behavioural assets transformed into formidable vices.

Let us discuss these traits one by one.

Kaam (Lust): 'Kaam' means sexual craving for a member of the opposite (or even same) sex. 'Kaam' is an essential instinct for all living beings, including humans, for procreation. In humans, 'Kaam' creates sexual attraction between members of opposite sexes which is essential for procreation. Later, as civilization advanced, institution of marriage came into being and men and women started living in units called families. Extramarital sex was labelled as indecent and illicit by the society. If sexual lust (Kaam) crosses the red line, that is if one lusts for a person other than his spouse, it becomes a vice. Person so afflicted may commit such offences as sexual abuse, molestation and/or rape. A rapist may turn violent against a resisting victim and inflict grievous, even fatal, injuries to her. He may even eliminate the victim and/or the witnesses, if any, to destroy evidence. Sexual assaults on women lead to riots between families, communities and tribes. Wars (like the mythical Trojan War) have been fought, triggered by sexual lust of kings and warriors towards physically attractive women of other clans and nations. Sexual crimes are increasing at an alarming rate all over the world. Even if sexual offenders are brought to justice, many rape victims remain psychologically scarred for the rest of their lives with low self-esteem, fear and depression. Some are not able to cope with the problem and may end their lives. Lot of suffering, hatred and violence would go away from the world if people observe propriety in sexual behaviour, in accordance with norms set by the society.

Krodh (Anger): Anger evolved in the animal kingdom as a protective tool to ward off their hostile and aggressive competitors. A lion roars angrily at his rival who tries to snatch his prey. We get angry with someone who misbehaves with us or our loved-ones to warn him to mend his ways. We express annoyance to our children if they do something which we dislike. Teachers get angry with pupils for

leader, an altruistic philanthropist, an accomplished scientist, an able administrator, a holy god-man, a gifted healer, a ground-breaking thinker, a noble saviour or some other kind of public hero. Such people have to speak lies, fabricate stories, buy degrees, fudge figures, pay people to beat drums about their highly exaggerated or non-existent talents and indulge in lot of similar other unscrupulous activities. Sooner or later truth emerges and when that happens, they become subjects of public ridicule, anger and hatred.

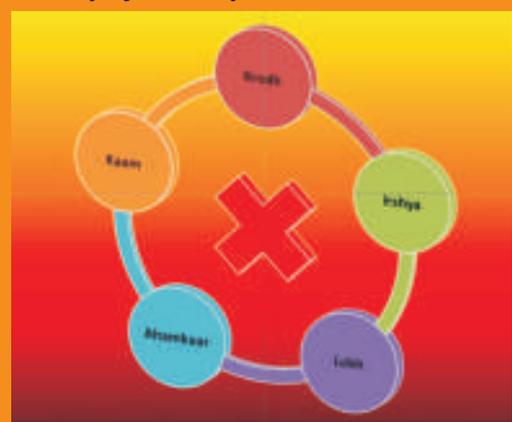
Greed is among the most important causes of the ills that ail the world. Can Greed be eliminated? No, unless all of us start considering greed as an unforgivable sin against humanity. Can we do that? Yes, if we are instilled with right moral and ethical values, if we are brought up in a righteous environment of truthfulness and honesty, if we are taught the principles of 'simple living and high thinking' and if our parents, teachers and mentors teach us how to control extravagant desires, right from childhood..

"Earth provides enough to satisfy every man's needs, but not every man's greed."
– Mahatma Gandhi

Can we cleanse ourselves

Yes, if good human values of equality, universal brotherhood, love, compassion, humility, nonviolence and respect for all religions, are drilled into us by our parents, teachers and mentors right from childhood onwards, so that these qualities get inbuilt into our psyche and faith as we grow.

"A sarcastic person has a superiority complex that can be cured only by the honesty of humility." - Lawrence Lovasik



not paying proper attention to studies, or for being rowdy. Expression of anger under these circumstances usually yields positive results, if utilized judiciously. The wrong-doers rectify their aberrant activities out of respect for their parents, teachers and mentors. But unjustifiable, excessive and uncontrolled rage becomes a vice. An angry person loses ability to think rationally and act logically. He may use abusive and threatening language. In a fit of rage, he may become violent which can lead to grievous, even fatal injuries to the victim. Abusive language and physical violence will necessarily elicit equally abusive and violent retaliation. A seemingly minor incident may set in a chain reaction which may conflagrate into a major riot between individuals, families or communities. The situation is often exploited by opportunist elements, who add fuel to the fire. Families and tribes are known to have passed on enmity against their rival clans from generation to generation, just because someone in past had incited their ancestors' wrath. A country may, in a fit of rage, caused by, say an attack by terrorists, launch war on the country to which the terrorists belong. Unrestrained anger is an important cause of hatred and violence in the world. If anger could be controlled, world would be a happier place with less hatred and more goodwill among people.

Lobh (Greed): Animal behaviour revolves mostly around two instincts, instinct to survive (finding food, fighting predators, protecting themselves against harsh nature, protecting their territories) and instinct to procreate (courting mates, fighting competitors). They have no Desire or Greed as such. Man, with his superior intelligence mastered the art of survival and procreation much faster than animals did and, having done that, he quite naturally, desired to improve the quality of his life. That is how 'Desire' was born. Desire to eat well, to dress well, to live well, to grow rich, to acquire knowledge and to achieve name and fame arose in him. Gradually more and more of his worldly activities revolved around fulfilment of his desires. In fact 'Desire' has been a very potent asset that has helped man to improve in all spheres of life. It motivates him to work hard to succeed in an environment of fierce competition. World owes a lot to those great men and women who, ignited by desire to excel, contributed so much to arts and sciences and to advancement of civilization. As long as means of fulfilling desire are fair and do not jeopardize others' rights in anyway, desire is a great asset of man. But if the means are not fair and/or these impinge upon others' rights, Desire degenerates into Greed (Lobh). Greed makes man selfish, corrupt and even evil. He wants to get rich by hook or by crook in shortest span of time. That is not possible by using only fair means. So the greedy people resort to stealing, snatching, robbing, bribing, black-marketing, smuggling and similar other immoral practices, without caring for the rights of others. They form cartels and syndicates to manipulate prices. Adulteration of food, making spurious medicines, using children as cheap labour and trading women for prostitution are other examples of heinous offences committed by them. Greedy politicians incite communal, sectarian, racial and ethnic hatred and even violence to get votes and come to power.

History is full of stories of evil kings, dictators and despots who killed their rivals (including their own siblings, parents and close relatives) to gain and retain power. Hitler's greed to rule over the world unleashed World War 2. Big arms manufacturers and their dealers keep hostilities between nations alive, to fill their coffers. Government money meant for poverty alleviation is pilfered so much that the actual beneficiaries receive just a tiny part of the allotted funds. Killing of women by greedy in-laws for dowry is a common evil practice in this country. There was a recent press report of a greedy son killing his own father to get a job, which his father's employer (a public sector undertaking) used to offer, as a matter of policy, to one family member of a deceased employee.

Can jealousy be eliminated in the society?

Yes, by instilling good moral values in children and by teaching them that Jealousy is evil and they should never harbour jealousy against anyone. Instead they should learn to envy those who are genuinely better than them in any field and try to emulate them.

“Jealousy is a mental cancer.” – B. C. Forbes (Founder of Forbes Magazine)

Sane Senior's To Sanitize Ragging

Ragging is a menace that has its historical roots predominantly in the sadistic mindsets misguidedly driven to derive pleasure out of physical and mental exploitation, primarily from the fresh interns in campus, through an unhealthy and ugly exhibition of the power of seniority.

The role of Senior's in allowing their sense of basic human sanity to prevail and sanitize the campus of the ménage of this inhuman practice of ragging is absolutely an essential one.



The father of our nation had said that, “When restraint and courtesy are added to strength, the latter becomes irresistible.” Seniors have a head start over fresher's in all respects. It is however their attitude towards this opportunity that determines the consequences of the example that they set before their fresher's. Here are some points to ponder:

- Gain respect rather than demand it
- Explain rather than exploit
- Let people endear, not endure you
- Hand hold and inspire, not conspire
- Mentor rather than torture
- Build Relations that last a lifetime

Ahamkaar (Delusion of being 'superior' to others): Having confidence and pride in self is essential for a man to live with dignity. It enables him to progress and achieve goals that he sets for himself. Each little success increases his confidence level and motivates him to achieve still more. So having confidence and pride in self is a positive asset. When pride degenerates into a delusional belief of superiority over others, it becomes a vice. That is when we call it Ahamkaar. The Ahamkaar-afflicted person considers himself 'superior' to others. 'Superiors' have, throughout history, inflicted immense injustices to their perceived 'inferiors'. How can the world be a peaceful place to live in, if I believe that my religion, my language, my race, my caste, my clan, my colour, my country is superior to others? Hitler, in addition to being power hungry, believed that racially 'superior' German Aryans had a divine right to rule over other races. He exterminated millions of Jews and Gypsies because he considered their races inferior. White races considered non-whites inferior and enslaved them for many centuries. Bitter religious and sectarian wars have been fought and continue to be fought to this day, all over the world because followers of some religions and sects consider their religions and sects to be superior to those of others. People belonging to so-called 'High' castes, inflict cruelties on 'Low' castes. Gender discrimination is prevalent in most parts of the world because men believe they are superior to women. Ahamkaar and Lobh often co-exist in a vicious synergism, with devastating consequences.

Irshyaa (Jealousy): Envy is a natural instinct, which helps us to emulate others who are genuinely superior to us in intelligence, knowledge, skills, character, entrepreneurship, popularity, leadership qualities, literary accomplishments and other areas. This is a positive trait which helps us to grow. But when Envy becomes Jealousy, it turns into a vice. We develop an inferiority complex and start harbouring ill feelings towards our superior rivals. Instead of making efforts to grow to be like them, we try to pull them down to our level, even lower. Uncontrolled jealousy may provoke the wicked-minded to cause harm to their genuinely better-accomplished rivals, who may be their own siblings, relatives, friends, business competitors or political opponents. In extreme cases murders may be committed. A family, a tribe or a community may develop extreme jealousy against another family, tribe or community, which is socially and economically better accomplished. Instead of introspecting to find out the causes of their own backwardness, they develop irrational hostility towards their rivals. They attribute their failures to fabricated 'conspiracies' being hatched against them.

Almost everything that makes this world a bad place to live in, can be traced to one or more of the above-mentioned five vices that have corrupted human values. If we could rid ourselves of these, world would become a better place. Hatred, violence and crime would diminish. Love, compassion and peace would prevail. Benefits to mankind would be enormous. People would be able to share public and natural resources equally. Poverty, deprivation and exploitation would end. Expenditure on law enforcement, security and defence (which at present consume over fifty percent of world's resources) would go down. These resources could be diverted for education, healthcare, social upliftment and advancement of knowledge in arts and sciences. We would be able to focus greater attention on imminent dangers to life on this planet like global warming, pollution and environmental degradation. We would be able to spare more funds for research in finding cures for serious diseases like Cancer, AIDS, Alzheimer's etc, which are incurable at present. We could find ways of generating cheap, clean energy to become less dependent on fossil fuels.

Healthy Sleep, Wealthy Life!

50% of our Population Sleep 'less'!

Studies suggest that as many as 50% of our population is affected by one or the other kind of sleep disorder. In spite of this, awareness among the general public and health care professionals about sleep-related disorders and the possible implications on health is low. The available workforce of health care providers is not sufficient to diagnose and treat individuals with sleep disorders.

MGMIHS helps you sleep well...

Dr Sudhir Kadam, Vice Chancellor of the MGMIHS who had passionately initiated and supported the entire project is strongly committed to provide better, safer and affordable ways of diagnosing, treating and preventing diseases. Establishing this Centre is a step forward in his desire to provide comprehensive health care in the campus of MGMIHS. Specialists in pulmonary medicine, neurology, psychiatry, geriatrics, paediatrics, otorhinolaryngology, oral-maxillo-facial surgery, and weight management will work closely in the functioning of the Center.

14th March is World Sleep Day!

The World Association of Sleep Medicine (WASM) observes 14th March as World Sleep Day. It is aimed to celebrate the benefits of good and healthy sleep and to draw society attention to the burden of sleep problems and their medicine, education and social aspects; to promote sleep disorders prevention and management. Through the World Sleep Day the WASM tries to raise awareness of sleep disorders and their better understanding and preventability, and to reduce the burden of sleep problems on society that constitute a global epidemic and threaten health and quality of life for as much as 45% of the world's population.

MGMIHS Sleep Medicine and Research Center Inaugurated

Lack of quality sleep affects mental, physical and emotional health of adults and children alike. It can lead to hypertension, heart disease, stroke and diabetes. Insufficient sleep also leads to poor alertness, lack of attention, reduced concentration, decreased work and academic productivity, and even motor vehicle accidents. The human privilege of having sound sleep is often compromised by the habits of changing lifestyle, work profile, eating habits, leisure activities and different life stresses, as well as by sleep problems such as Insomnia, breathing disorders, circadian rhythm sleep disorder or obstructive sleep apnoea.

Recognizing the magnitude of the sleep-related disorders and the need to pursue more active research to understand the precise causes and the treatment modalities, MGM Sleep Medicine and Research Center has been established at the MGM Medical College Hospital at Kamothe, Navi Mumbai. The Center has been established in co-operation with the world renowned Centre for Sleep and Circadian Neurobiology, University of Pennsylvania, USA.



Dr. Allan Pack, Dr Sudhir Kadam and Mr Kamal Kishore Kadam, Chairman of the MGM Trust inaugurating the MGM Sleep Medicine and Research Center on 6th March 2014.

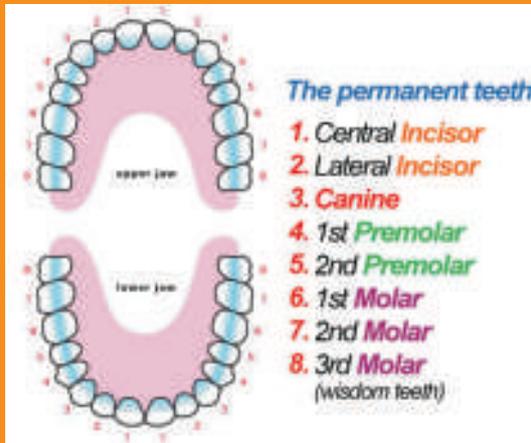
Dr. Alope Banerjee, Director of the Center, and Professor and Head of the Department of Neurology strongly believes that jointly with Prof. Allan Pack, Director of the Centre for Sleep and Circadian Neurobiology at the University of Pennsylvania, the center will provide state-of-the-art healthcare support to needy, help in academic pursuits as well as pursue quality research. Prof. Allan Pack, an astute and incisive sleep medicine specialist, said that the MGM Sleep Center will be an extended clinical arm of the Pennsylvania's Center for Sleep and Circadian Neurobiology and is committed to provide the best health care to the patients. "The collaboration will be expanded into education, research and training including distance learning approaches", he said.

Dental Health – Making a 'Dent'!



Dr. Ashvini Padhye
Professor and HOD - Periodontics
MGM Dental College & Hospital

“Good oral hygiene is important for maintaining one's overall health. The importance of being healthy by heart is known, but only a beautiful healthy smile can win millions of hearts.”



Meet your Teeth, Teeth your Eat! Good Oral Health in Five Steps

- Brush twice daily with fluoride toothpaste.
- Use inter-dental aids to clean in between the teeth.
- Rinse your mouth thoroughly after every meal.
- Limit the number of times you snack between meals and avoid foods rich in sugar or sticky foods.
- Visit the dentist regularly every six months.

Your Mouth – The Mirror of Your Health!!

A beautiful smile can win over a million hearts!! However, are pearly white teeth, good enough to reflect a beautiful smile? A perfect dazzling smile is the one which not only has beautiful teeth, but that which has the teeth, the gums and all other parts of the mouth in pristine health. The confidence in you begins with the start of the day and stays with you throughout the evening when you have a mouth free of any disease or ailments. To begin with, this can be achieved mainly by performing consistent oral hygiene. The healthy gums and teeth have a positive effect on your day to day social interactions. Practicing good oral hygiene adds beneficial value to your personality and there is a worldwide consensus on the importance of oral hygiene maintenance as a part of your day to day life.

A question, literally in everyone's mouth – Why is good oral hygiene important? Today, there is an astounding availability of professionals who can provide you the best of the dental care in India. However, the reach towards this care from the other end is limited, mainly because there is a general lack of awareness as well as knowledge of good oral hygiene, amongst the common people in India.

Most of the dental problems go unnoticed or are neglected due to unawareness and absence of pain in a patient! According to the American Dental Association, a major cause of tooth loss in children is cavities; while periodontal (gum) disease is the leading cause of tooth loss in adults. A dental problem does not necessarily mean that you should have pain. You need to check if you have bleeding gums, or bad breath, or black spots or decay on teeth, or mobile teeth, or swelling in your gums, or missing teeth, or pain on chewing and the list is endless. If you do have any of these symptoms, then it is a warning sign that there could be an underlying problem and you need to see a dentist. If left unattended, these 'minor' and 'neglected' symptoms could have harmful effects on the other systems of your body. Periodontal (gum) disease is caused primarily because of development of the plaque, which is a matrix like deposit accumulated on the tooth surfaces. Failure to remove this plaque by proper brushing causes it to harden due to the deposition of minerals, leading to formation of tartar (calculus) which leads to a slow breakdown of the teeth, gums and bone, and eventually leading to tooth loss.

The sugar content in the food we eat leads to a fall in the pH of the saliva and leads to demineralization of the tooth surface. The bacteria in the mouth attack the tooth surface and hence caries or tooth decay begins. If left untreated it can lead to complete breakdown and loss of the tooth. Also teeth which are lost or extracted need to be replaced; else other teeth move into their space causing a complete imbalance of the occlusion that could lead to severe temporomandibular joint problems, inability to eat and thus nutritional problems.

Maintaining Good Oral Hygiene

The Indian market today is flooded with a variety of oral health care products such as tooth brushes, tooth pastes, dental floss; mouth-rinses that help you perform oral hygiene better. When buying any dental products, look for the American Dental Association Seal of Acceptance which is an important symbol of any dental product's safety and effectiveness. When brushing and flossing, proper technique is the key. Using dental floss daily helps you clean those stubborn spots that your brush won't reach will help you experience a cleaner, healthier smile. Most people either forget about flossing or consider it a low-priority because they're unaware of the importance or are unsure how to do it correctly.

It is very important for parents to realise the importance of a healthy mouth and thus should take their children for dental consultation to avoid irreparable damage in the early years of life.

A Good 'Datoon' Brings a Smile!

A man wasn't feeling well about his teeth and went to a dentist. After examining him the dentist took his wife aside, and said, "Your husband has extremely sensitive teeth and gums, that makes it extremely painful to smile. I am afraid he's not going to smile again, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn't have to do anything himself. On the way home the husband asked with a note of concern "what did he say?" "Well", the lady responded, "he said it looks like you probably won't smile again!"

Editor Requests and Credits

The newsletter, "MGM NEWS" will be published quarterly. The staff and students of the MGM Institute of Health Sciences and its associated colleges and institutes are invited to send their contributions and/or suggestions for consideration of publication in the next issue.

I also take this opportunity to express gratitude to Mr. Sunil Tatkar, Founder and Managing Partner, Valuevolution™ for his valuable contributions, including creative thinking, editing and artwork, for the MGM NEWS.

Dr. Chander P. Puri
Chief Editor
chander.puri@rediffmail.com

Poor oral health has been linked to heart and lung disease, diabetes, stroke, extremely low-birth weight, and premature births. In diabetics, there is an increased incidence of gum disease and tooth loss, delayed healing of oral wounds. Professional teeth cleanings reduce the bacteria that cause inflammation and eventually lead to heart disease. In pregnancy oral hygiene has to be performed consistently, since there is an added incidence inflammation of gums and swelling due to plaque and poor oral health.

Medical practitioners treating these patients with the disease should also realise the correlation between the oral health and the disease process and it is their responsibility to motivate their patients to visit their dentist for consultations on a regular basis in order to maintain their good oral health. Since gum disease is a major risk factor for heart disease, stroke, and certain forms of cancer, regular visits to your dentist can help prevent and treat this disease. By treating conditions early and learning from your dentist how to prevent oral damage, you can achieve better health and ultimately better quality years of life.

Our goal as dental professionals is not only to treat these diseases but also educate and motivate the patients to maintain good oral hygiene.

MaGnuM 2014 : Go Green

For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver." MaGnuM the annual festival of MGM Dental College & Hospital was celebrated during January 2014. The theme of the festival was – Go Green! The inauguration was on 13th of January 2014 by the Chief Guest Dr. Anish Naware and Guest of Honour Dr. Chander Puri. It was followed by keynote address on 'Modern Endodontics' by Dr. Naware and thereafter scientific session consisting of papers and poster presentations by undergraduate and postgraduate students from various dental colleges over all over Mumbai and Navi Mumbai. In all 66 papers and posters were presented including 22 from undergraduates, 28 from postgraduates and 16 e- posters respectively. Awards were given for best papers under both oral and poster presentations. Celebrating the traditional day, Fun-N-Fair and Go Green day on the 23rd and 24th of

January 2014 tree saplings were planted, in the garden adjacent to the MGM Dental College entrance, by h o n ' b l e V i c e Chancellor of MGMIHS Dr. S.N. Kadam. All the departments also planted one sapling each to nurture our nature. The cultural events of singing, dance competitions, personality contest,



Go Green Day! Dr. S.N. Kadam planting the tree and joined by the Dean Dr. Sabita Ram, Faculty and students of the MGM Dental College.

and fashion enlightened the participants. The festival concluded on the 24th of January. All in all, "Green is the prime colour of the world, and that from which its loveliness arises." Go Green the field of dentistry...Go green the world!!

MGM Library Nets World Wide Web!



**Dr. R. P. Dixit, University Librarian,
MGMIHS Central Medical Library**

Dr R.P. Dixit, University Librarian, takes pride in mentioning that the Central Medical Library is a well-equipped Virtual Learning Centre (E-Library), with excellent state-of-the-art computer facilities including over 40 internet connected computer terminals, each provided with e-mail facility and access to e-materials and e-resources. Besides internet/online facilities, the desk to access in various departments and multiuser access with regard to Library Management Software at E-Library has also been set up. Online Public Access Catalogue helps the readers in searching the books of their choice and its availability in the library.

The website also provides comprehensive information on historical background of the trust of Mahatma Gandhi Mission and establishment of a chain of schools in various fields such as; engineering, architecture, health & oral sciences, health management, nursing, physiotherapy, computer science & IT, bioinformatics, and biotechnology, fine arts and journalism etc.

Web links have been provided for more than 20 e-books, 15 e-databases and 3,600 e-journals for accessing the e-health literature/information, free of cost. Full-text of 4,560 journals and 412 books are accessible through the subscribed databases. Access Medicine database has been subscribed. It provides access to more than 60 medical titles from the best minds in medicine, updated content, photos and illustrations, interactive self-assessment, case files, and diagnostic tools etc.

Website of MGM Central Medical Library Launched

MGMIHS has a well-stocked Central Medical Library for supporting teaching, research and clinical activities. The university offers health literature, library, and information services extensively and exhaustively to a wide spectrum of users consisting of students, teachers, research scholars and auxiliary health personnel. It has over 28,350 documents which include 19,312 books and monographs and 804 CDs & DVDs. The library annually receives over 230 core periodicals in the area of health sciences of these about 100 are international. In addition, during 2013-14 the library had subscribed 161 online journals (international: 63 & national: 98). The University incurs over Rs. 15 million annually for procuring the new editions with a view to render requisite latest information services to biomedical community. This is a reflection of policy of the University to offer content-oriented information services to medical scientists instead of conventional document-based services in order to enhance utilization of the existing information and communication technologies.

While inaugurating the Website of MGMIHS Central Medical Library, Dr S.N. Kadam, Vice Chancellor said "Information Services have become an essential infrastructure facility for supporting health care delivery system as well as health education and research programmes." He emphasized that



Dr S.N. Kadam, Vice Chancellor, MGMIHS inaugurating the website of MGM Central Medical Library. Joining him are Dr S.K. Kaul and Dr C.P. Puri, Pro-Vice Chancellors of the University.

libraries can hardly function today without computers and IT. The library and information profession has to change and adopt itself to the developments taking place in IT. He further stressed that IT has acquired the do-or-die prominence, therefore, those who go with the advances will survive and others will become obsolete. The libraries tend to become more and more organized as a network, and remain decentralized, scattered, collaborative and responsive. Distance is no longer a barrier for accessing library services. I am very pleased that the Central Medical Library has developed its own website. The site is hyperlinked to a wide range of information resources, services and policies. "It is our endeavour to provide resources and services as one-stop-shop by way of applying ICT to provide fast, focused and easy access to relevant health information to all medical scientists of MGMIHS and its affiliated colleges and institutions involved in teaching, research and patient care", he said.

Your Turn Intern's

But above all, delivering starts with realizing the need of the hour!

The MGM group of institutions have always been delivering excellent education and imparting knowledge. A decade ago, when illiteracy prevailed at a much higher rate than today, Dr.Kamal Kishore Kadam realized the need of the hour and with the help of proper resources, went on to solving the burden. And here we are now. It is only after such observations and willpower to change what is wrong, that one realizes the need. Like it is said, "Those who can do it bear an untold responsibility to do it!"

As years passed by, MGM expanded with different educational institutes and acted as an umbrella majorly, to healthcare development in Navi Mumbai. However, as organizations enlarge, they often experience a variety of growing pains that sometimes signal that something has gone wrong in the process of organizational development. There will always be someone thinking or saying :

- People feel that "there are not enough hours in the day."
- People are not aware of what other people are doing.
- There are too few good managers.
- People feel that "I have to do it myself if I want to get it done correctly."
- When plans are made, there is very little follow-up, so things just don't get done.

Finally, the firm continues to grow in sales but not in profits. However, with proper management and keen interest in organizational developments, these issues are easily addressed. The need of the hour can never be resources or time, but the people responsible. If each one does things that they are supposed to, correctly and punctually; there would hardly ever be glitches. To realize these issues and to be able to address them, it is very important to keep cordial relations with everyone in the team. Delivering is not just doing things randomly. There are relationships you need to maintain, limited resources that you need to carefully use, make wise decisions and strengthen the team as you move ahead.

Delivering Starts with Recognizing Needs



Back in 300BC, when life was much simpler and devoid of all luxuries. There were a few things then that haven't quite changed even now. Like man's need for hunger and shelter as well his need to cure his injuries. The holy saints and learned men use to run ants on cut wounds. The saliva of ants helped "staple" the wound margins together and hence, heal. At first it seemed like the best thing to do, till those people developed local infection. A few years later, a learned man "Sushruta" realized the need of a better way to tackle this and hence, tried cotton strands. It worked better and around the same time in other parts of the world, they started inventing other ways as well.

The word "deliver" sums up a lot of qualities. It is living up to your promises, bearing the responsibility to do so within a definite time period. Who would've thought of all the preparations that someone needs to do, to simply promise? Unless of course, it is Indian politics in which case, you can just skip the thought.

The key to delivering is to know what is missing. When an organization has not been fully successful in developing the internal systems it needs at a given stage of growth, it begins to experience "growing pains." Growing pains are symptoms that an organization needs to make a transition. It is healthy that these symptoms exist for a short duration because it shows that the organization is still growing and the founders care about everyone who helps it grow.

Article contributed by Dr. Suranjana Basak, MBBS Intern 2013

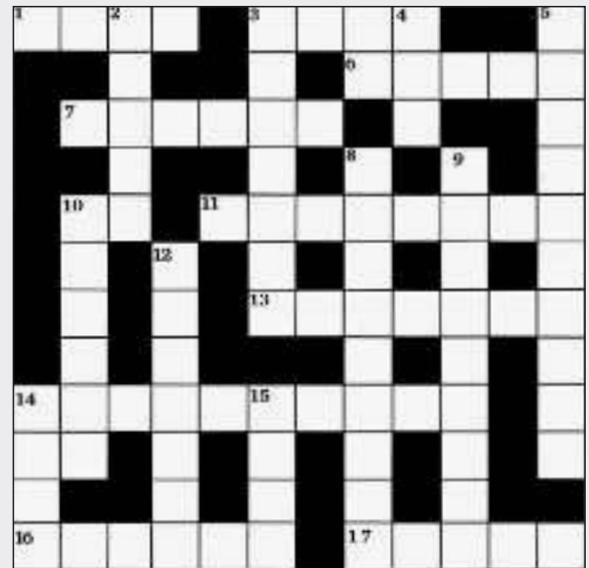
Medico Crossword

CLUES ACROSS

1. A rigid structure enclosing your heart, lungs etc.
3. This sometimes means medicine, but not always.
6. A fluid that is contained in blood.
7. To contaminate.
11. A place where people with serious medical problems are treated.
13. Man or woman who cuts people open.
14. Powerful form of medicine; penicillin is one.
16. To close a cut or a wound with a needle and cotton.
17. Man or woman whose job is to care for the sick.

CLUES DOWN

2. The elements of a skeleton.
3. People qualified to practise medicine.
4. If you're sick, you want to better.
5. Vehicles for transporting sick or injured people.
8. Surgical act carried out in a "theatre".
9. Portable structure for carrying the sick or the injured.
10. Protected against a disease or a virus.
12. Person who is undergoing treatment.
14. A very dangerous modern illness.
15. An irritation, to irritate.



Art of Patience – Stop to Listen!

“Most people do not listen with the intent to understand; they listen with the intent to reply” – Stephen R. Covey

Avoid criticizing or correcting. Avoid saying he/she is incorrect. Instead, listen and try to find the meaning in what is being said. Repeat what was said if it helps to clarify the thought. Avoid arguing about something you don't agree with, let it be. Arguing usually only makes things worse often heightening the level of agitation. For the person with dementia, offer a guess if the person uses the wrong word or cannot find a word, try guessing the right one. If you understand what the person means, you may not give the correct word. Be careful not to cause unnecessary frustration.

Encourage unspoken communication. If you don't understand what is being said, ask the person to point or gesture. Limit distractions by finding a place that is quiet. The surroundings should support the person's ability to focus on thoughts.

Focus on feelings, not facts. Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words-At times, tone of voice and other actions may provide clues. While a person with later stage Alzheimer may not always respond, he or she still require and benefit from continued communication. When communicating with a person with dementia, it's especially important to choose your words carefully.

Cancer is a great teacher in the art of being patient. With a cancer diagnosis or the diagnosis of any type of potentially curable or treatable disease one often has no choice but just to wait and see if surgery is successful; to find out if the surgeon “got it all”; if treatment is successful; if the disease responded to

Listening Starts With Being Patient With Your Patient!



Listening is an essential part of communication, very different from hearing. Being a good and patient listener helps you solve many of life's problems and see the world through the eyes of others. It enriches your understanding and expands your capacity for empathy. As simple as listening and acknowledging may seem, doing it well, particularly when disagreements arise, takes sincere effort and lots of practice. "Listen or thy tongue will keep thee deaf" - native American proverb.

In context to our profession, patients do complain about doctors and it is amazing how often you hear "(S)he never touched me" or "never laid a hand on me" or "never looked at me" or "never listened" or "was too busy looking at the computer screen". I take these statements as validating my belief that it is important for the physician to listen to the patient and to perform a skilled physical exam and it is more important than ever in this era of technology. Of course, when you take that position, you run the risk of being called a luddite.

The truth is, we love and embrace technology, and have no desire to return to pre-computed tomography scan and pre-magnetic resonance imaging days of old. But I see no reason to let new technology make us lose the abilities we have had for over a hundred years to make sophisticated diagnosis at the bedside. Indeed, it should make us so much better. There are clearly many different ways of being a 21st century physician in nations with advanced health care.

As always, the patient's story (the history) is critically listened to and examined, because the diagnosis often lurks in that simple step. After that, the physical exam begins: here the actual body becomes the text, a text that is changing and must be frequently re-examined and read by the time honored methods of inspection, palpation, percussion and auscultation. The scent in the room that might signal liver failure or the expression of a family member that contradicts what the patient says, or the feel of a giant spleen- these are valid soundings, pieces of phenotypic information that are even more valuable than knowing the patient's genotype. In other words, it is great to have a genetic test that says you have a certain risk of skin cancer, but it would be just as important to have a physician who can detect that cancer-the phenotype-before it has spread. Indeed almost all of dermatologic diagnosis is made by this step, but many other diagnoses too can be made by this method.

The physician then judiciously asks for blood tests and selectively gets imaging (by ultrasound or CT or MRI) and putting it all together, comes away with a holistic understanding of the unique individual who is wrestling with a problem. Diseases like Alzheimer and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer requires patience, understanding and good listening skills. Changes in the ability to communicate are unique to each person with Alzheimer. In the early stages of dementia, the person's communication may not seem very different or he or she might repeat

aggressive drugs; if remission lasts, or if the disease comes back. Time spent waiting is not wasted. And there are great lessons if we just remain quiet and **LISTEN!** Else..

If you listen only half the time,

You'll understand only a quarter of it,

And then think zero about it,

But react double of it!

Hence, listen..

Work hard in silence..

Let your success make all the noise!

"A good name is more desirable than great riches; To be esteemed is better than silver or gold." - Proverbs 22:1 (The Holy Bible)

Among some of the paramount steps of setting standards and building a foundation of trust is to do what we say we will do. A commitment of minuscule value or failing to follow through will create hairline fractures in our trustworthiness. We have to deliver what we promise or end up like those products in our trash can, that promised great results but failed to deliver and never to be trusted again! No doubt, it's all easier said than done.

Consistent acts of rectitude build character and standards that make us robust pillars that no one can bend or break, the "go to" person for every perturbed soul. Then, because we have set such high standards for ourselves, we have to go out every day and live up to that.

It's said, "To err is human..." It may happen that we slip or tumble over our standards. In the event that happens, we have to get back on our feet, brush the dust off and deal with the scrapes and bruises that may have tarnished our reputation. As with all wounds, we have to give ourselves and those around the

stories or not be able to find a word. As the disease progresses, a caregiver may recognize other changes such as using familiar words repeatedly. Inventing new words to describe familiar objects and easily losing his or her train of thought. Reverting back to a native language, having difficulty organizing words logically and speaking less often.

People with Alzheimer and other dementias have more difficulty expressing thoughts and emotions; they also have more trouble understanding others. There are many ways to help a person with Alzheimer's communicate. By being patient and supportive, let the person know you are listening and trying to understand. Show the person that you care about what he or she is saying and be careful not to interrupt. Other ways of comfort and reassurance are if he or she is having trouble communicating, let the person know that it's okay and encourage the person to continue to explain his or her thoughts.

Article contributed by Shivani Singh, 6th Semester MBBS.

Building Trust Starts With Setting Standards



"I can trust you with my life." "I wish I could trust you..." Sounds familiar? Which one of the above best defines us?

Trust is the foundation of any flourishing relationship, interpersonal or otherwise. It takes much effort to build trust and none whatsoever to break it down. Trust gained over years could crumble in a matter of seconds, could be by word or by deeds.

How do we reach that rarefied pole position? That vantage point where every word we say is unimpeachable? Making a commitment to building trust and setting standards can help us to better connect with everyone. If we don't set basic standards for what we do and accept in our life, we will find that we slip into behaviours and attitudes and a life that's far below what we and our fellow sojourners deserve. Whether at home or workplace, people observe us subconsciously and we build a reputation that tends to stick no matter what we try to wash it off with.

Some may see us and some may just hear of us. But know this, that most people can spot a real person and a counterfeit. Gaining people's trust is most empowering; however it comes with a high price tag - discipline and high principles. We should build high standards for ourselves morally and otherwise, strive ruthlessly to maintain it and we should learn to consistently outperform past versions of ourselves and we will emerge triumphant.

This holds true not just for people but also for institutions and organisations that claim to have the trust of millions. Most adverts claim, "We promise and we deliver." Ho Hum! They all say that! Every other company claims that they have been trusted for years or more and even the most unscrupulous mortal's claim reliance! Years back when integrity and promises held true, and forthrightness was knit into every fibre of "most" people, we could stand by their commitment. In the present era, we don't think once but innumerable times before we confer anyone

time to heal. The road to recovery is painstaking and slow, but it's sure. Tried putting back the contents of a tube? That is how laborious it is, to regain lost trust.

Sometimes we are tempted to think that popularity and wealth will bring us great pleasure, regardless of the paths we choose to attain it. Someone once said, "I have learnt that to live a successful life, we have to be fake and manipulative." Masquerading and putting on a fake facade may take us some place, but it's not going to keep us there. Eventually the mask will wear off, the foundation crumbles and gives way into a fathomless abyss, examples of which the newspapers and news channels wail every other day. Not to mention the constant mental agony of getting caught and the terror of trusting others too.

Have an Attitude for Respect

The essential dictum one must remember with regard to respect is the age old advice that claims that one must command it, and not demand it.

One must develop the requisite skills and above all, showcase the attitude required to gain the respect of one's peers. Admiration is a hard won prize, especially in a doctor-patient relationship, and it requires due diligence, compassion and knowledge mixed with a tinge of success. In a noble profession like medicine, the foundation stones of earning respect are set with patience. The hours one spends in serving one's dependents are accumulated and gratitude is the result.

It is still the case today, in the age where we can fight and beat even cancer, the most dastardly of diseases and stand over its banished carcass, but the adulation for the men who make it possible is nowhere to be seen.

Being respected really begins, with having the right attitude.

with our credence. It doesn't necessarily take years to be trusted, nor do we have to perform herculean acts of honour. One act of integrity or one firm kind word could gain a person's trust for life! Yet one act of dishonour or one white lie could condemn us as an eternally treacherous person. Speaking of liesome lie to protect others and some themselves. But if we choose to speak the truth even when it isn't pleasant we reap colossal amounts of trust.

Once we have set and religiously followed certain standards, we will gain that unwavering trust of those around which makes life easier and peaceable not only for us, but also for those who are on the constant lookout for someone to confide in. Introspection of our acts and utterances everyday will help us to change not just for our personal growth and benefit, but also for society's welfare. So, we can be a waft of fragrant credibility rather than the stench of deceit and connivance.

As Ted Koppel says, "Aspire to decency. Practice civility towards one another. Admire and emulate ethical behaviour wherever you find it. Apply a rigid standard of morality to your lives; and if, periodically, you fail – as you surely will, – adjust your lives, not the standards." Unyielding principles, regardless of the circumstances, place us on a solid ground and keep us there, never to falter. Gaining the trust of others and setting standards for ourselves can take us places we would never imagine.

Article contributed by Abiah Jacob, MBBS Intern 2013-14

Being Respected Starts With Having The Right Attitude



As the years have passed, the word respect appears to have lost some of its value. The days of unquestioning respect by a student to one's teacher or by a junior to one's senior have almost become obsolete. There is more rebellion now, and the students of today are perhaps guilty of suffering from an inflated sense of self worth that causes them to not just question the need of respecting their teacher, but also question the teacher himself. In a lot of ways the medical world mirrors this attitude. It is little surprise then that since medicine has changed, so has the attitude and outlook to its practitioners. Aided and abetted by a few unscrupulous men and the avarice of the media for sensationalism when tales of malpractice come out, medicine today is frowned upon by the common man, as opposed to the respect it once garnered. There was once a time when the healing man of the village had the pick of his gifts irrespective of whether he managed to keep his patients disease free. He was generally well respected, given the status of a demigod and placed on the same footing as the village chief himself. Naturally, it was only a matter of time before such practices were stopped, however, the role of the doctor as a prominent part of society was carried well into the future.

Fast forward to the present, where the doctor, despite being one of the most prominent members of society, is now frowned upon and often times treated with disrespect. Partly to blame, of course, are a select percentage of unscrupulous individual's part of just about every profession. However, they form but a small part of a dynasty that has served with immaculate care, all of humankind from times immemorial.

Article contributed by Rohin Manipur, MBBS Intern 2013-14