

August 2018

Heal In Sync

Promoting Real Minds



SBS
School of Biomedical Sciences



VISION

MGM Institute of Health Sciences aims to be a top ranking centre of Excellence in Health Science Education, Health Care and Research.

MISSION OF MGMSBS

To provide qualitative education and generate new knowledge by engaging in cutting-edge research and by offering state-of-the-art undergraduate, postgraduate programmes.



CAMPUS

A Beautiful Campus
of 11 Acres with
Medical, Dental,
Physiotherapy,
Engineering &
Nursing Colleges

MGM School of Bio

A Constituent unit of MGM I

Deemed University u/s

Accredited by NAA

MGM

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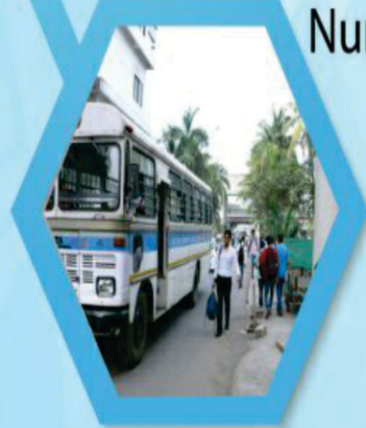
MGM Hos

that giv

first hand in

FACULTY

Inhouse Medical Doctors,
Scientists, Industry
based visiting faculty
helping each student
to inspire, aspire and grow.





Biomedical Sciences

Institute of Health Sciences

Section 3 of UGC Act 1956

Accredited with "A" Grade

SBS

Attached to
Hospital -
Fellowship.



EXTRA
CURRICULAR
Sports, Annual
Events, Industry
Visits.



STUDENT
WELFARE

Strict Anti Ragging,
Financial Aid,
Alumni
Guidance



CENTRAL
RESEARCH
LABORATORY

State of the Art Labs
that provide hands on
learning.



FACILITIES

Hostels, Buses,
Canteen & Library
Play Grounds





Dr. Sudhir N. Kadam

Hon.ble Medical Director

I am quiet pleased to learn about the MGM School of Biomedical Sciences, Navi Mumbai, Constituent college of MGMIHS on bringing its college magazine “Heal in Sync-2018: Promoting Real Minds”, namely an integral and holistic vision of life’s realities by showcasing the academic and cultural talents of the students, faculties and staff.

I do appreciate and applaud the editorial team for their successful completion of this tedious task of putting together the myriad thoughts and dreams of our students and faculty into a meaningful and delightful manner.



Dr. Shashank D. Dalvi

Hon.ble Vice Chancellor

I am happy to learn that MGM School of Biomedical Sciences, Navi Mumbai, Constituent college of MGMIHS established in 2007 has been imparting quality education in health care sector and providing opportunity to students to groom to excel, is bringing its college Magazine “Heal in Sync-2018: Promoting Real Minds” showcasing the academic and cultural talents of the students, faculties and staff.

I send my felicitations and best wishes to the entire team of SBS, including the students of the college on this happy occasion.



Dr. Rajesh B. Goel
Registrar

It is indeed a matter of pleasure that MGM School of Biomedical Sciences is bringing out its own college magazine “Heal in Sync-2018: Promoting Real Minds”. I am happy to share that college is contributing to the needs of health care system of the country, through its students who come out successfully. I am sure that this college magazine will represent that never give up spirit, also showcasing hidden technical and literary talent of the students and staff alike.

As the Registrar of MGMIHS I would like to convey my heartiest wishes on the occasion of the release of this official magazine for MGMSBS.



Dr. Siddharth Dubhashi

Director (Academics)
Co-ordinator IQAC, MGMIHS

Nurturing creativity and inspiring innovation are two main key elements for a successful education and a college magazine is a perfect amalgamation of both.

I congratulate the entire team of SBS for bringing out this magazine in the most brilliant way possible.



Dr. G.S. Narshetty

Dean Faculty, MGM Medical College

I am happy to see the amount of enthusiasm of staff of MGM School of Biomedical Sciences to contribute to the magazine. Not to be outdone, the students have devoted time and plunged into creating powerful stories, heart-warming poems, vivid drawings and informative articles. I stand awed by the sheer number of articles that have come pouring in for the magazine.

This shows the positive and creative energy of faculty members and students of the college. Wish you all the best for many more to come



Dr. (Mrs.) Mansee Thakur
Director, MGMSBS

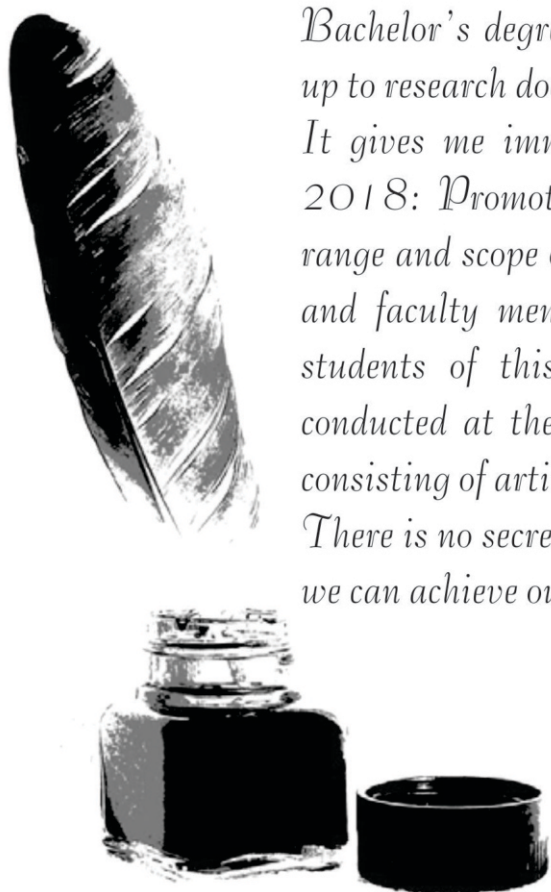
Director's desk

It is my proud privilege to welcome you to one of the India's finest Universities. MGM School of Biomedical Sciences which is a part of the renowned MGM Institute of Health Sciences imparting quality medical education and by advancing knowledge in all fields of health sciences through meaningful and ethical teaching and research.

Students graduating from the Institute will have the required skills to deliver quality health care to all sections of the society with compassion and benevolence, without prejudice or discrimination. As a Research center, it focuses on finding better, safer, and affordable ways of diagnosing, treating, and preventing diseases. MGMSBS offers various courses ranging from Bachelor's degree (B.Sc.), Master's degree (M.Sc.) and all the way up to research doctoral degrees (PhD).

It gives me immense pleasure to release our magazine "Heal in Sync-2018: Promoting Real Minds". This magazine gives insight into the range and scope of the extracurricular interest and creativity of our students and faculty members. This Magazine serves like a Year Book for the students of this college. It carries photographs of the various events conducted at the college. And last but not the least, the narrative pages consisting of articles from students and staff.

There is no secret to success, it is only with hard work and perseverance that we can achieve our goals.



Progress of SBS: From Admin's desk

"महात्मा गांधी मिशन" या संस्थेच्या "एम जी एम विद्यापीठ ऑफ हेल्थ सायन्स" मध्ये माझी सन 2009 ला अकाऊंट ऑफिसर या पदावर नियुक्ती करण्यात आली. सुरवातीला विद्यापीठाचा कारभार सी.बी.डी बेलापूर या ठिकाणी चालत होता. त्यावेळेस एम.जी.एम स्कूल ऑफ बायोमेडिकल सायन्स या कॉलेज ची स्थापना करण्यात आली. नंतर विद्यापीठाच्या अंतर्गत नर्सिंग कॉलेज, फिजिओथेरेपी व स्कूल ऑफ बायोमेडिकल सायन्स ह्या कॉलेज च्या अंतर्गत कोर्स शिकवले जाऊ लागले. Dialysis Technology, Anesthesia And Operation Theater Technology, Cardiac Care Technology, Medical Lab Technology, Medical Imaging Technology, Perfusion Technology, Optometry हे बी.एस.सी. चे व एम.एस.सी च्या अंतर्गत Medical Anatomy, Physiology, Biochemistry, Microbiology, Pharmacology तसेच Medical Genetics, Biotech हे कोर्स ही नावारूपाला आले. 2009 पासून ते 2018(वर्तमान) ह्या काळात अनेक दिग्गजांनी ह्या एम.जी.एम स्कूल ऑफ बायोमेडिकल सायन्सचा कार्यभार सांभाळला. सर्वप्रथम डॉ.जी एस नरशेट्टी (डीन) सर, नंतर डॉ. केसरी सर, डॉ. महेंद्र सर, डॉ. पद्मा चव्हाण मॅडम, डॉ. बदाडे सर व आज डॉ. मानसी ठाकूर मॅडम ह्या डायरेक्टर म्हणून काम पाहत आहेत. त्यांची जानेवारी 2017 मध्ये नियुक्ती करण्यात आली. त्या अगोदर ह्या कॉलेज चि अवस्था वाईट अशी होती कारण इथल्या विद्यार्थ्यांना बदलण्यासाठी व्यवस्थित कोर्स न्हवते. शिकवण्यासाठी अपुरा प्राध्यापक वर्ग, मुलांना वेगळी अशी स्पेस न्हवती, मुलांना वर्ग देखील उपलब्ध न्हवते त्यामुळे त्यांना जे ठिकाण मिळेल तिथे बसून ते अभ्यास करायचे.

त्यावेळेस स्टोअर न्हवते, वेगळे अकाऊंट डिपार्टमेंट न्हवते, प्रयोगशाळा नाही, स्टडी रुम नाही त्यामुळे बायो मेडिकल कॉलेज आहे की नाही ह्यावर प्रश्न चिन्ह होत. ईतक्या बिकट अवस्थेत ही मुलानी कुठेतरी बसुन अभ्यास पूर्ण करायचा ईतकेच ध्येय त्यांच्या समोर होते. कालांतराने एम.बी.ए कोर्स चालू करण्यात आले त्यावेळेस चि परिस्थिती व आजची परिस्थिती ह्यामध्ये जमीन आसमानाचा फरक आपल्याला पाहावयास मिळतो ह्याचे सर्व श्रेय जाते ते आपल्या आजच्या डायरेक्टर मॅडम डॉ. मानसी ठाकूर ह्याना, त्यांच्या नेमणुकी नंतर त्यांनी लक्षणिय बदल घडवून आणले व त्यात त्यांनी यश सुद्धा मिळवले. सुशिक्षित प्राध्यापक वर्ग, प्रशस्त स्टडी रुम, स्टोअर, अकाऊंट आणि ऍडमिनिस्ट्रेशन डिपार्टमेंट, डायरेक्टर केबिन, कॉन्फरन्स हॉल, स्टाफ रुम ह्या सर्व गोष्टींची उपलब्धता त्यांनी करून दिली. सर्वात उल्लेखनीय कामगिरी म्हणजे विद्यार्थ्यांना ट्रेस कोड देऊन त्यांची स्वतंत्र अशी ओळख निर्माण केली. फक्त विद्यार्थ्यांनाच न्हवे तर एम.जी.एम स्कूल ऑफ बायोमेडिकल सायन्स ला देखील एक स्वतंत्र अस्तित्व असे त्यांनी स्थापित करून दिले. माननीय डॉ. मानसी ठाकूर मॅडम ह्यांचा स्वभाव फार चांगला मनमिळाऊ व सर्वांना सोबत घेऊन जाणे असा आहे. त्यांचे आम्हा सर्व एम.जी.एम स्कूल ऑफ बायोमेडिकल सायन्स च्या स्टाफ कडून मनःपूर्वक आभार व अभिनंदन.....

Mr.Dattatray Lahot
Sr. Accountant, MGMSBS



Mr. Akash Katariya
Jr. Admin. Clerk, MGMSBS



Mrs. Ranjeeta Dudhal
Jr. Accountant/Store, MGMSBS



Mrs. Supriya Pawar
Sr. Admin. Clerk, MGMSBS



THE



SBS FAMILY



CONTENTS

MESSAGES

- Hon.ble Medical Director's Message 6
- Hon.ble Vice Chancellor's Message 7
- Registrar's Message 8
- Director (Academics) Message 9
- Dean's Message 10
- Director's Desk 11
- Admin's Desk 12-13

RESEARCH AND INNOVATION

- Infectious diseases-The global threat 19
- Career Prospects in Medical Radiology & Imaging technology 20
- Meditation: A bliss 21
- Master Classes 22
- Industrial Visit 23
- IPR REPORT 24

COMMUNITY SERVICE ACTIVITIES

- Swachhata Pakhwada Report 27
- Road Safety Week Report 28-29
- Gender Sensitization Workshop Report 30
- Pulse Polio Campaign Report 31
- Yoga Day Celebration Report 32
- World Environment Day Report 33
- Swaccha Bharat Summer Internship Report 34
- International Yoga Day Report 35

Heal In Sync

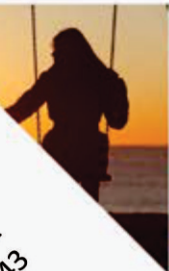
Promoting Real Minds

EXUBERANCE

35 2015

35 2017

36-37 2018



CREATIVE CORNER

Drawings 38-39

Photography 40-41

Be inspired 42

Stress management 43

Taste of life 44

The Beginning of a Race 45

Dreams 46

Freedom of thinking 47

English poems 48

Hindi poems 49

Marathi article and poems 50-51

CONTRIBUTORS

Dr. (Mrs.) Mansee Thakur

Mr. Yogesh Navalsing Patil

Mr. Helvin Louis



INFECTIOUS DISEASES – THE GLOBAL THREAT

Infectious diseases are one of the major threats in the growth and development of developing as well as developed countries. One of the major cause of spread of these diseases is unawareness of the society about the leading cause and solutions available for diagnosing, treating and preventing the spread of these diseases. The solutions in reference to diagnosis and treatment are available at tertiary and secondary healthcare centers but the primary healthcare centers are totally far away from the benefits of the preventive and curative solutions.

Intensive research is needed in the field of developing solutions which can be survived in the poor strata of the society where about 80 percent of the population resides. Modern diagnosis and treatment currently focused towards accurate diagnosis and treatment of these diseases and functioning well at urban setups but the solutions which are developed for urban areas are getting affected or failed towards rural setup due to lack of proper resources in terms of skilled manpower and basic requirements such as electricity, infrastructure and tools to implement the policies at rural areas of the developing nations.

A handful of deadly infectious diseases, especially in low-income countries, claim millions of lives worldwide each year: lower respiratory tract infections,

diarrheal diseases, HIV/AIDS, tuberculosis, and malaria. Together, they account for more than one in eight deaths globally. In an age of vaccines, antibiotics, and dramatic scientific progress, these diseases should have been brought under control. Yet they continue to kill at an alarming rate, particularly in the developing world. In low-income countries the dominant causes of death are infectious and parasitic diseases (including malaria).

India accounts for about 416.75 per 100000 persons in infectious disease mortality rate which is one of the major concern and threat in the development of healthy nation.

Finally in conclusion we have to develop the solutions in the sector of Diagnosing, Treating, curing and preventing techniques which can be afforded by the poor people of the society to develop a Healthy Nation.

Written by: Mr. Yogesh Navalsing Patil
Tutor (Dept. of Medical Biotechnology)



Medical Imaging Related to Health

Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care. Together, imaging and radiation innovations have turned countless patients into survivors. From receiving a CT scan instead of a cardiac catheterization to detecting a polyp before it is cancerous, peer-reviewed research confirms that medical technologies not only improve health outcomes and save lives, but also reduce health care costs and drive down spending.

CAREER PROSPECTS IN MEDICAL RADIOLOGY & IMAGING TECHNOLOGY

Advancements in Medical Imaging Technology course

Earlier it was just diploma that used to be considered now because of the rising need for Radiology and for its Technologists the courses are started for graduation, post-graduation advance courses and masters. Regarding the Bachelor of Medical Radiology & Imaging Technology is a 04 (3 + 1) years long degree level course. At present Radiography is one of the most popular modern medical technologies available. This technology is used to diagnose various diseases and disorder in a human body.

Jobs & the Economy in Medical Imaging Technology

Most of the graduates will find employment equally in the government and private companies. Students can also opt for higher education and even go for research in the same field. Career growth is also possible in this field if the candidate has required professional skills, additional education qualification and knowledge in the field. After completing the Bachelors in Medical Imaging the can apply for any of the jobs as Radiological Technologist, Applications Specialist or a Quality control Technologist.

Written by: Mr. Helvin Louis

Tutor, Dept. of Radiology, MGMSBS



KEY TO POSITIVE APPROACH

Human beings are at crossroads today, where on one side they become violent or frustrated and on the other side depressed or suicidal. Only the knowledge about our spirit - which is all love, beauty and peace, and which transcends the boundary of all our concepts, imaginations and identities - can help us bring freedom from this frustration and violence. Meditation plays a vital role in cleansing the negative emotions in a person. You may wonder whether meditation and human values actually exist in the workplace. We at MGM SBS practise Heartfulness meditation regularly. Heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts. We find how it has transformed our institute by reducing crises, absenteeism, increasing productivity--by putting into place an explicit system of values which include being aware of what happens in our mind, being aware of what, optimism, more positive emotions, stronger self-identity, greater self-acceptance and take better care of one's health as well as experience reduced anxiety, stress and depression

As educators, it is part of our job to be sensitive and responsive to the needs of students who exhibit signs of stress or disorientation. Stress, anxiety and mental health issues are a growing concern for students. These concerns are associated with high drop-out rates, substance abuse and other behavioural problems. To address this epidemic, we conducted master classes for Heartfulness meditation for our Allied Health Science students. The impact of these sessions was evident in their behaviour, concentration, levels of attention and focus, behavioural disturbances, depression, apathy and general wellbeing. Research in the fields of psychology, education and neuroscience has shown that teaching meditation in schools/colleges has positive effect on students' well-being, social skills and academic skills. These were the initial phases of our activities. What we realised is that there is an incredible fearlessness in being able to be vulnerable and exposed.

Well quoted by:

People don't have to be religious to look inside themselves more carefully. It is constructive and worthwhile to analyse our emotions, including compassion and our sense of caring, so that we can become more calm and happy."

– His Holiness the 14th Dalai Lama

As responsible citizens along with catering the education system, we need to bring that responsibility to our society and to take responsibility for ourselves and for the environment around.

Written By : Dr. (Mrs.) Mansee Thakur
Director, MGMSBS

MASTER CLASSES : FOR MGMSBS STUDENTS & STAFF



Industrial visit





Dr. B.B. Singh

M.Sc.; LL.M.; Ph.D.(Lond.); F.A.Sc.; F.N.A.Sc.
IPR Attorney & Advocate High Court Bombay
(Former Head, Radiation Biology & Biochemistry Divisions, BARC, Mumbai)



Dr Vijendra Shekhawat

HOD - Biotechnology, National College Bandra



Mr. Chirag Tanna

Director, Regd. Patent Agent, INK IDEE



Dr. Vishal Vishnu Raut

Application Specialist and Sales specialist In QIAGEN, Germany

IPR/Industry Academia Innovation Seminars

Intellectual property (IP) is a category of property that includes intangible creations of the human intellect, and primarily encompasses copyrights, patents, and trademarks. It also includes other types of rights, such as trade secrets, publicity rights, moral rights, and rights against unfair competition.

MGMSBS encourages inventions in health sciences discipline. The inventions related to health care diagnosis, procedures or treatment are promoted and supported in the premises. It is also important that these new inventions have to be registered or patented so that other organizations can be benefited by applying at their centers.

MGMSBS conducted various session on Intellectual Property Right seminars



5 WAYS TO BECOME A HAPPY TEAM PLAYER

A happy team player is a good team player, driving a project towards its goal. Here are 5 tips how you become one!



Motivation

Find your inner motivation for the project. Why do you want to do this? What drives you?

Strengths

Know your strengths and weaknesses and don't be afraid to communicate these!



Integrity

Beware your integrity and only do what you can agree with and feels right to you!

Fairness

As always, treat your team members the way you want to be treated!



Community

Only together we can grow. Be there for the ones in need and share your knowledge!



A clean India Awareness programme was conducted on 13.09.2017 between 9:00 am to 2:00 pm. 20 students of MGM School of Biomedical Sciences (B.Sc. 2nd and 3rd year) performed a street play at various locations in Navi Mumbai.

Due permission for performing the activity was granted by RPF duty officer for performing at various Navi Mumbai railway stations. Play was also performed at MGM Hospital with due permission from Medical Superintendent.

AREAS OF PERFORMANCE

Panvel Railway station, Khandeshwar railway station & MGM Hospital, Kamothe. Our students sensitized a large gathering of people about the importance of cleanliness. Bystanders around appreciated the effort taken by the students for Swacchata awareness.

SWACCHATA PAKHWADA 2017



ROAD SAFETY WEEK (11th to 17 th January 2018)



MGM School of biomedical sciences took an initiative to celebrate World Safety Week 2018 to provide an opportunity to all the students to contribute to the cause of road safety, improving emergency care and taking up awareness campaigns for citizens as well for youth. During the week awareness about various causes of road accidents and measures to prevent them were highlighted by students by various events at departmental level. It strives to increase environmental awareness and initiate improvement drives to help students, staff and faculty members.

The main objectives of this initiative were:

To encourage all the travelers to follow the traffic rules and wear helmets and wear the seat belts while driving

To promote and initiate the road safety measures in the community, school, colleges, work places and on roads

To decrease the number of road accidents and injury cases by applying the road safety measures

To make the people aware about the speed limit of the vehicles to prevent road accidents

To encourage all the citizens to donate blood which is needed at the time of road accidents

To reduce noise pollution and air pollution to a minimal level

Discipline movement of traffic on the road

Sensitize youth about hazards of rash driving and advising to follow traffic Rules to daily Commuters

The campaign ended successfully with lots of positive feedback and appreciation from the traffic police department.

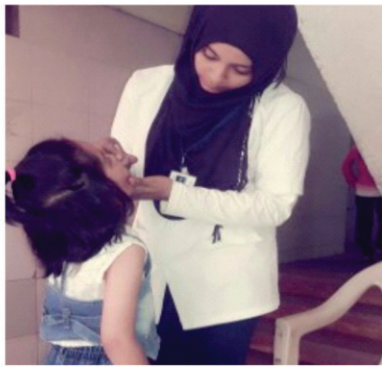


**SAFETY
FIRST**

GENDER SENSITIZATION WORKSHOP 2018

Gender sensitization is a major issue in Indian Society. Indian Society is basically a male dominated society where women are always considered secondary in every field of life. Indian society must practice equality for both male and female population as Indian constitution has given equal status to both. Considering this fact of oneness and equality, MGM School of Biomedical Sciences organized a special workshop on Gender sensitization with support of Dr. Mansee Thakur, Director, MGM School of Biomedical Sciences and under the guidance of Dr. Parineeta Samant, Chairperson of Prevention of Sexual Harassment (POSH) and Violence Against Women and her team members. The work shop was attended by total 283 participants. This included HODs and Faculties of various departments as well as students from various courses of B.Sc., M.Sc. and MBBS.





PULSE POLIO CAMPAIGN 2018

As per an invitation received by Immunization department of MCGM(BMC) in regard to Pulse Polio Participation on Booth Day on 28.01.18 to 02.02.18 and 11.3.18, Pulse Polio National Immunization Day (NID) was conducted by Ministry of Health & Family Welfare (MoHFW) & World Health Organization (WHO) on **28.01.18 to 02.02.18 and 11.03.18 to 17.3.2018**

This programme was carried out in Mumbai city by MCGM (BMC) with the expectations that - 1.1 million children (0-5 year children) will be immunized across 5000 booths.

For a successful Pulse Polio campaign (to improve immunization coverage), active community participation + support of various stakeholders like NSS / NCC/ Rotary/ NGOs/ private medical practitioners/ Medical colleges , Local influencers/ Local corporators/ Mass media/ social media was vital.

Students of MGM School of Biomedical Sciences extended their support for the campaign during Pulse Polio Immunization (PPI) Day on 28.01.18 to 02.02.18 and 11.3.2018 (Sunday). Our students filled the manpower shortage requirement. They played the role of vaccinator/ motivator in different areas with incentives and certificates. Around 30 students were send to different booths as per planned by Immunization officers.





Yoga Day Celebration 2018

Date: 04th April 2018

Yoga is not only about doing just a few Asana, but it is about how aware you are about yourself, your body movements, mind and body-mind connection. Through that connection, you can learn a lot and there is tranquility or mindfulness. Proper mind control is true yoga. With this concept of spreading the thought of mindfulness, MGM School of Biomedical Sciences, Kamothe, Navi Mumbai celebrated International Yoga Day on 04.04.2018 by conducting Yoga and Meditation session from 2:30 pm to 4:30 pm for the Faculty and students.



WORLD ENVIRONMENT DAY 2018

Date: 05th June 2018

Carrying forward the legacy of the saying 'PARYAVARAN - EK VARDaan', the students of MGM School of Biomedical Sciences, Kamothe decided to promote tree plantation by making seed balls by planting maximum trees possible in the premises and in villages on the occasion of 'World Environment Day'. The theme this year was 'Beat the plastic' and our Director Dr. Mansee Thakur, Assistant Professor Dr. Mini Mol and Mr. Helvin Louis also took active participation in tree plantation and encouraged students to be more concerned about Mother Nature. The students planted number of saplings of Rose, Jasmine, Bougainville etc. therefore promoting Organic farming. It was an informative experience for all of us as we got to know more about the trees in the environment and also selfless contribution to the nature.



'SWACHH BHARAT SUMMER INTERNSHIP' 2018



Date: 01st June to 15th June 2018

With the noble thought of promoting sanitation related work, bringing youth together to make a significant contribution to Swacchata revolution and to integrate youth in community service in rural areas, total 54 students of MGM School of Biomedical Sciences of B.Sc. Paramedical (1st and 2nd year) participated in the Swachh Bharat Summer Internship Course which was carried out for 15 days with the aim of devoting at least 100 hours to Swacchta through the year. The villages selected were Dodhani, Dehrang, Dhamani, Waghachiwadi and Towarwadi which are small revenue villages in Panvel taluka.



INTERNATIONAL YOGA DAY 2018



On the occasion of International Yoga Day, Mumbaikars participate in Yoga By The Bay at Marine Drive on Thursday. On the last Sunday of every month, health enthusiasts grab a yoga mat and head to the seafront promenade in south Mumbai. The Times of India-supported initiative has become a regular feature after the tremendous response to the first International Yoga Day in 2015. "A



Date: 21st June 2018

Location: YOGA by the Bay, Marine Drive

YOGA by the Bay, Marine Drive, Mumbai and HEARTFULNESS Institute along with THE TIMES OF INDIA conducted Yoga and Meditation event organized by Shaina NC's NGO I Love Mumbai, holistic health guru Mickey Mehta for thousands of Mumbaikars eager to try their hand at different asanas. The chief guest of this event was Shri Prakash Javadekar, Hon. Union minister HRD who actively became a participant for this event. MGM School of Biomedical Sciences, Kamothe is in collaboration with HEARTFULNESS Institute from past 04 years and an active member of the same. The students and faculty of . MGM School of Biomedical Sciences, Kamothe actively participated in this wellness activity of YOGA by the Bay.

EXUBERANCE



2015



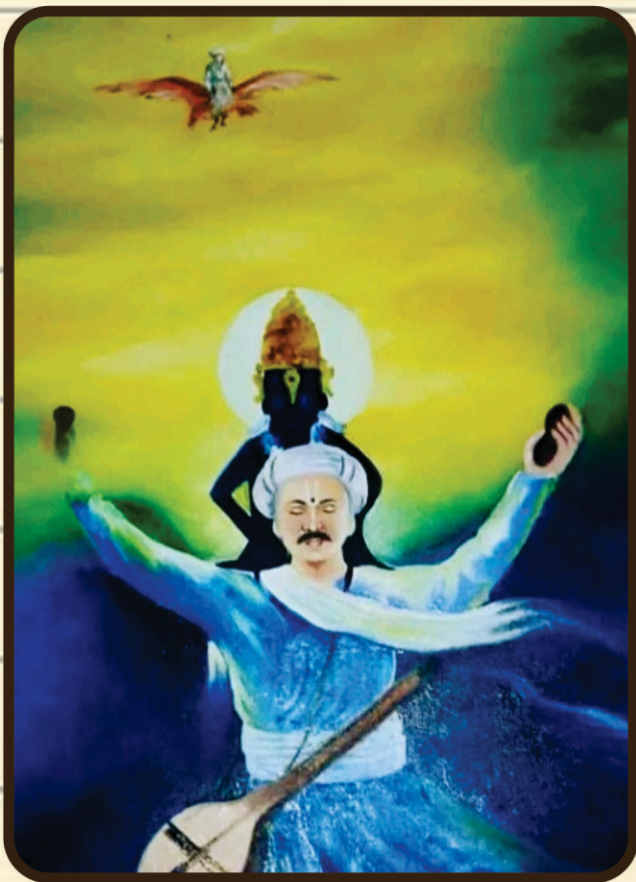
2017



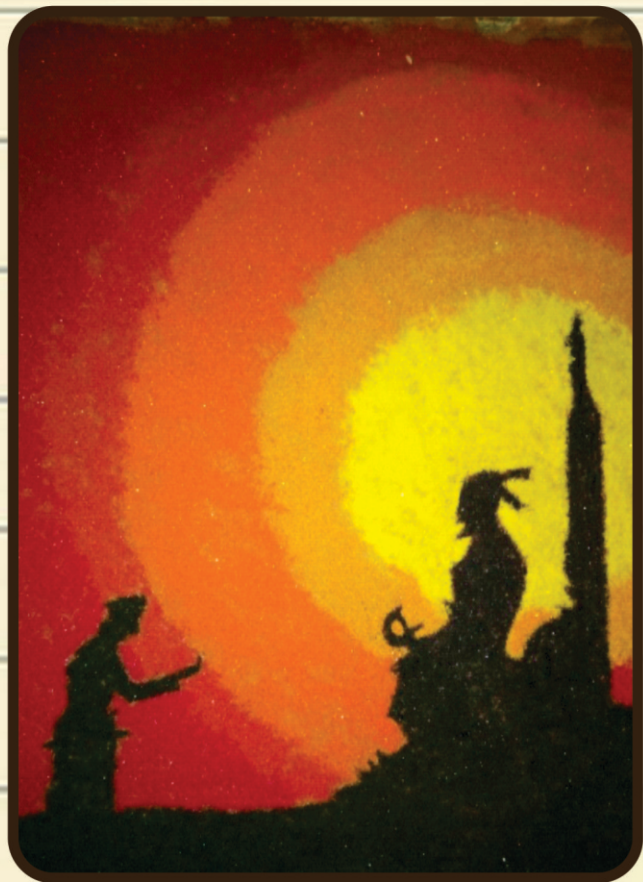
2018







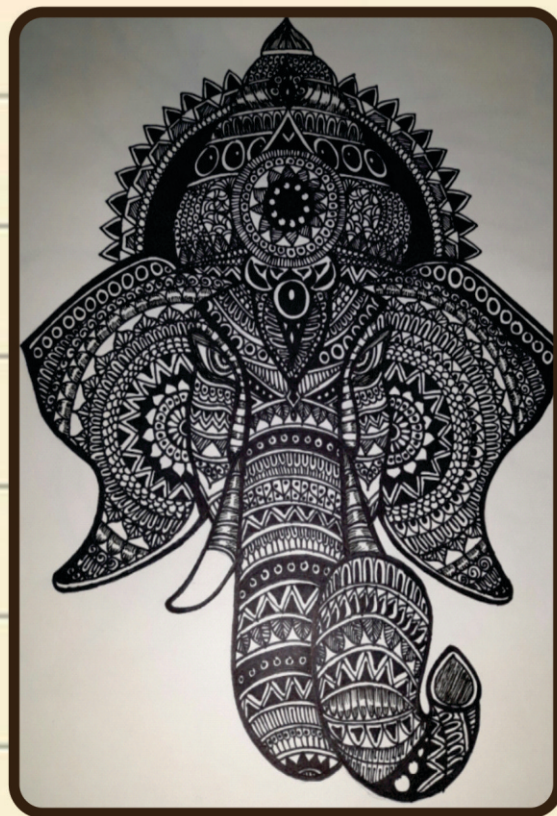
Ms. Akshata Goje
B.Sc. ATOT-2nd Year



Mr. Milind Zore
B.Sc. MIT-3rd Year



Mr. Shubham Sawal
B.Sc. MIT-3rd Year



Ms. Shreya Nityanand
B.Sc. MIT-3rd Year



Ms. Rifa Khan
B.Sc. CCT-1st Year

FROM NOTEBOOKS TO CANVAS



Mr. Pematto Shaji
B.Sc. DT-3rd Year



Mr. Benson Binu
B.Sc. DT-1st Year



Mr. Shubham Ghag

B.Sc. MIT-2nd Year

THROUGH THE LENS



Ms. Shrutika Patole

B.Sc. ATOT-2nd Year



Ms. SRUSHTI WAGH

B The word "meditation" has a very simple meaning-
E "THOUGHTLESSNESS", yet the process of how to do it was a
bit more complex and confusing for me. Being a student of
M.Sc. Medical Biotechnology, MGMSBS, Dr. Mansee
Thakur introduced me to HEARTFULNESS through a
I seminar and I am so grateful to her for this. It is through
N HEARTFULNESS that I finally got a simple key to enter in this
magical world of meditation. Since one year, I have been
practicing meditation every week and though not a
S rigorous follower, yet the benefits I got out of it were
beyond expectations. The process to focus on the divine
P light within the heart actually allowed me to feel the divine
within me. It helped me introspect and self-realise my
I strengths and weaknesses. It didn't solve my problems but
R gave me immense strength to face them. I got an optimistic
approach in life automatically. Meditation through
E HEARTFULNESS is like learning something new everyday,
rediscovering yourself and so, I would appeal to all to start
D meditating and begin your magical journey!



PRANEETHA MADDI

B.Sc Cardiac care technology 1ST YR

STRESS MANAGEMENT

Stress affects your health in many ways from headaches to insomnia. For students entering into college or university it is more of stress rather than fun. They would like to make their life the best in terms of prioritizing their studies. College life is a journey of excitement, stressfulness and sometimes overwhelming for a young person. Finding balance in all of this chaos is key to getting through the years better, learned and makes a new improved version of one self but whereas the student undergoes a lot of stress and may even go into a depressed state. So in order to manage stress one should follow the tips given below:

MANAGE YOUR TIME- Proper time management is one of the most effective stress-relieving techniques. Plan your schedule and make a weekly to-do list. Spend time wisely.

EXERCISE AND YOGA- Take out time to get some fresh air doing exercise or yoga. Meditation and mindful prayer help the mind and body to relax and focus.

STAY HEALTHY: A healthy lifestyle is essential for students. Having proper diet and having it in time makes a difference.

AVOID SOCIAL MEDIA- Students tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun – but too much of it, and too much computer time, can lead to more stress.

SLEEP- Enough amount of sleep is required for human body and brain to function well.

PRAYER- prayer is a powerful way to get out from stress which keeps your soul calm and peaceful.

STOP PROCRASTINATING- Do not delay or postpone anything which you are supposed to do.

And other few tips are taking breaks in between, be mindful, talk to people, practise your hobbies, reduce amount of multitasking and never compare yourself with others.

TASTE OF LIFE



Ms. Akshata Rakshe

For years I looked in wonder at the Buddhist Monks meditating for hours in perfect serenity wondering how and why. I THOUGHT meditation was painful, sitting in lotus with a blank stare and an empty mind. This MYTH was proven wrong by Dr. Mansee Thakur when she introduced me to HEARTFULLNESS via a seminar. We discovered that meditation is not what we thought it was, we open up to celebration. The doorways within our minds and hearts open and the light is switched on, the realization dawned that meditation requires keeping an open mind. Because when we make our mind up about something, we at once close a door to lifelong growth. I came to meditation through a seeking for spiritual guidance, by using simple techniques of breathe meditation. I awoke from dark place, no not enlightenment but an acceptance of who I am and what I had become. For the first time in my life I was not scared, nor was I acting out the smokescreen that had become my life. For years I just survived, I then began to heal, this in turn transformed my life, and then I learned how to live. I began to realize that anytime any part of my life energy is out of balance, it affected every aspect of my life and that caused a ripple effect that goes out and taints the space around me. I can attest to the fact that the slightest imbalance can have significant effects on so many lives, bringing balance back in to my life not only gave me peace but the peace and harmony spread outwards. I learned that life is a precious gift, never to be taken for granted, not even for a moment. I learned the importance of feeling good and being aware in each moment, and I learned how to live in the moment, to acknowledge awareness. I took my passion and turned them into my life. Life can be truly magical and fun, as I continue to learn and experience each and every day. Learning more about who I really am opens me up to the most amazing experiences you could ever imagine. Understanding the intricate connection between mind, body, and spirit allows me to truly connect, and create every aspect of my lives as I wish it to be.

Meditation has brought about these wonderful realizations for me.

Realizing I am responsible for my own experiences

Realizing my inner self is a shared experience

Being grateful to myself for every experience that comes my way

Knowing that my hardships are always a disguised blessing of potential growth

Knowing that nothing in my life happens by accident

Being able to enjoy simple moments, like taking a walk and appreciating the scenery

Being willing to take each day to nurture, heal, and guide myself

Knowing the difference between reacting and reaction

Being able to forgive myself, and therefore others

Being able to sit with another as they go through hardship, without feeling compelled to expound their experience

Laughing at myself, when I catch a good thought or bad

Our life is an endless story we continuously discover and rediscover our eternal and mystifying self.



Ms. SRUSHTI WAGH

The Beginning Of A Race ***- My College Life Experience***

I still vividly remember my first day in college. I was so excited in meeting new people. College felt like a liberation for me since I was far away from my family. It was my first time to be separated from them.

Anyway, on my very first day at MGMSBS I was so nervous!! I bet everyone else was as well, right? The minute I walked into MGMSBS, my heart started pumping so hard ! It seemed like there was a sign on my forehead that read 'New Girl Right Here!!' It was scary because everyone would just stare when we, 'Newbies' walk pass, and we, who already feel scared enough, get stares from others and it makes us feel so much more afraid!!! And we all have this habit, of taking out our hand phones, and just randomly type away or act like we're busy on the phone. I already know many people who do this. On orientation day, we got to meet everyone in the department. College life is way different from secondary school life! The environment, especially at MGMSBS, is cool and amazing. The people here from all over the country with their different sense of fashion and style has made this campus special to me. My experience at MGMSBS has taught me one fundamental thing – life is unpredictable. It might be good, it might be bad, it might be weird, and it might not interest you, but expect anything to happen. For example, you might have a wonderful job this moment, and be fired the very next moment. College life prepares you for all of this. It is a perfect blend of joy and hardships. You meet different people, you interact with them, you learn about their cultures and grow as a person. You will understand how to talk to different people, how to judge their behavior, thus helping you with important life skills. You learn to sit through a boring lecture; you try to cope up with the surprisingly strenuous syllabus, and you can learn from some great research minds. Academia, as they say, never lets you go free. People might try to motivate you by telling that you need to study only through your school years and chill during the college life, but that isn't true. So, remember that there will be moments that carry a lot of sentimental value and you can't help but miss those years later. The friendships you make in college life is the most important aspect. These people will give you strength and be your knights in shining armor all your life. The time you spend with your friends, playing Uno, or arguing about any random topic, your regular lecture "bunking" to watch a new release of your favorite star, will always stay in your heart. Planning trips, occasional adventure surges, and impulsive journeys—all these things make you more emotional when you bid adieu to the Institution. So, one fine day when you see pictures from the college of you and your friends having a good time, you'll land up smiling silently. That's the beauty of college life. It stays with you long after you've climbed those ladders of success.



BERIN DIXON D'SA

MHA (2017-2019)

DREAMS

Dreams needs to be dreamt every moment in order to make it a reality.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world” - Harriet Tubman

Nursing a noble profession as considered by the society is what made me choose it to become a certified nurse rendering my service to the society for 10 years .Over the period of time I eventually realized my potential through multitasking during my years of services as nurse that my capacity to manage can take me much more higher and here starts my dreams....I dreamt of being in an authoritative position and delegating my subordinates along with taking the group with me...thus starts the quest and passion to undertake Masters in Hospital Administration in order to achieve knowledge and skills that can upgrade me professionally and I stand apart from thousands of others who pursue MHA with my biggest asset being a nurse who forms the pillars of an organization for the management as well as the patients and also plays a bridge among various inter disciplines required for the functioning of a healthcare organization. I tried years on getting an entry in to the prestigious organization in the society for getting this course but always lacked with either 1 or 2 points as the qualifying criteria , but as I quoted earlier I didn't stop dreaming I dreamt and kept dreaming.....it was this passion of obtaining that luck turned into my favors and I enrolled myself in the MGM MHA programme run by Dr Archana Mishra. Being the first students of the programme started in 2017 had many thoughts flowing in my mind regarding the authenticity of the course the prospects of it in the society among other competitors....days passed months passed ...the curriculum was vast with in depth knowledge of every aspect that would turn me into the bloomed flower among the other flowers. The opportunity to get an hands experience in the hospitals of the society was during our 2nd semester and bagged an internship role in the 3rd best hospital in the country alongside with other aspiring administrators made me prove my worth and also boosted my self confidence and realized the planning and the structure of the program proves to be the best in the sector. Internship days made me put all the aspects of concepts into real practicality while finding solutions to the persistent problems in the organization and enhanced me more with the practical as well the knowledgeable aspects of hospital administration. It wasn't easy to compete or show ones worth against long sustained products of the renowned institution in the society but as said its one passion and desire to excel along with the right education bestowed made me bright and shine. My concept of hospital administration was vague picture with was then cleared well by my internship days and also made me feel as my decision to enroll myself into the MHA program in the MGM was the best decision of my life and my years of wait and not qualifying in the prestigious institutions was well understood by me in the longer run.



Rakesh Jha

M.Sc. Medical Biochemistry

Freedom of thinking

Everyone should have the freedom of thinking. We can think whatever we want to think and it is our right. We were always depended on others for our own life. Once parents give birth to a child we ask others to give name to our child. Also in study when the child passes 10th, for his further study we ask others for suggestion except the poor child. We never ask that child whether he wants to study or he likes playing games or he wants to be a singer or something else and if he is interested in study what will he choose science, commerce, art or what. We use to give him only two options either be a doctor or engineer. We don't care about his own choice. We all have experienced one thing when we were child, our parents always tried to keep us away from the dirty talking, we attracted more towards it. The thing that we are prohibited to do by our parents our teacher or anyone we do it before anything else. So, we should give him some space of freedom. What our parents did to us and their parents did to them we are doing the same thing with our child. We must give him freedom of choice. Give them freedom to choose his religion, his own caste, his own passion. We even choose his life partner with whom he has to spend his whole life and still he can't choose his life partner. Please don't put the burden of your expectation on his head your children's head. He may not be able to cover long distance with the heavy weight of your expectation. He has his own dream so don't ask him to fulfil your dream and if he doesn't have a dream help him for dreaming and achieve that. He may have dreamed something better than your dream but because of the load of your dream he is not able to get his goal neither yours. Give him the freedom to do whatever he wants to do. Give birth to a child doesn't mean you can do anything with his life. You have no right to wrap him in shawl of religion. Just leave him he will choose his own religion either he wants to be Hindu or Muslim or shikh or criest or just a human. But our ego doesn't let us do that. Don't put them under intolerable pressure. Let him live his live on his own way. Let them make his own path of wisdom. It will be pure and beneficial for the world.



Ms. Nimita Umesh

B.Sc. MLT 3rd Year

FATHER-EVERY CHILD'S FIRST HERO

FATHER, a six letter word.....

A person who never expresses himself
He toils day and night but never minds his plight

He is the one who will fight with the world
But can't see a drop of tear in his child's eye
whatsoever happen

He will always try to fulfil the dreams of his child
But he is not able to show what he feels.

THE JOURNEY OF HAPPINESS

Ye subah ka sawera or canteen ki coffee...Dil khush hota hai " When I got friends ki jhappi"

Ye lecture ko bhaag bhaag k jaana or kuch na sunna.... It's similar to ticket lena or " Movie me sojana"

Ye subah 8:30 ki sign or posting ka dar, Rahne nai diya "Sukoon se hame apne Ghar"

Jaise darta h paudha , aandhi ko dekh Kar....

Band bajti thi hamari "3rd year MLT me msg dekh Kar".

Jaise milti h "EIDI", EID k mauke par....

Milti thi punishment hume, "Class bunk karne par".

Jaise hi name suna humne "EXUBERANCE" ka, soch me pad gaye humAakhir ye hai Kya????

Jab saja "SBS" phulo se, Mahek utha aangan khushboo se.....

Muskan thi har chehre pe, Ronak thi har aankho me...

Samajh liya humne "EXUBERANCE hai lankho me".

Jab waqt aaya, lamho ki judai se, Laga Hume aisa , Jaise???

"Khatam hogayi khushiya hamari zindagi se".....

Jaa rahe h hum "SBS" ko chhodke.... kuch khatti kuch mithi yaadein saath me batorke....

Ek baat jo abhi Tak samajh aayi nahi, kiya kya humne aisa???

Jo MLT ki koi keemat nahi....

Jaa rahe hai hum khudki pahchan leke,

Ek din wo zaroor aayega jab hum lautege " Apni pahchan banake".

College life hai yaara, khulke jio,

Kya pata Zindagi aaj hai

"KAL HO NA HO"....

Ms. Uzma Hamdule

B.Sc. MLT-3rd Year

मैत्री

मैत्री ही सागराच्या लाटेसारखी असते
किनाऱ्याने कितीही दूर लोटले तरी ती त्यालाच जाऊन बिलगते
मैत्रीच्या त्या गोड स्वप्नाची सुरवात ही नकळतच घडते
पण त्या स्वप्न नगरीला शेवट हा नसतो प्रत्येकाला भुरळ पाडते
आणि सर्वानाच खूप काही शिकवते
आयुष्यात जगायला आनंद हा हवाच
या आनंदाचे दुसरे नाव ही मैत्रीच असते
पण केव्हातरी वेदनेची आरोळी येते आणि सर्व काही उधळून लावते
नात्याचे दोरे तोडून जाते माणसे दुरावली तरी नाते तिथेच थांबते
नवीन येणार्या वाटसरूला नवीन स्वप्न नगरीत घेऊन जाते...

Ms. Shreya Patange

B.Sc.DT 3rd Year

आठवतात ते कॉलेज चे दिवस
पास होण्यासाठी करायचो नवस
आठवण ही आली मित्रांची
त्यांच्या सोबत घालवलेल्या त्या क्षणांची

पाहिला तो मी कॉलेज चा कट्टा
त्यावर बसुन आम्ही करायचो थट्टा
सर वर्गात शिकवत रहायचे
शिकवलेले सर्व डोक्यावरून जायचे.

वर्गात बसल्यावर गाण लिहायचे
सर गेल्यावर तेच गाण गुणगुणायचे...
गाताना सूर मात्र तेच ठेवायचे
शब्द मात्र बदलून टाकायचे.

कॉलेज च्या शेवटच्या दिवशी मन भरून आले
पाहता पाहता माझ्या डोळ्यात अश्रू आले
कसे हे सगळे वर्ष निघून गेले
आम्हाला कधीच नाही कळले.

Mr. Milind Zore

B.Sc. MIT-3rd Year

आठवतील का कॉलेज चे दिवस

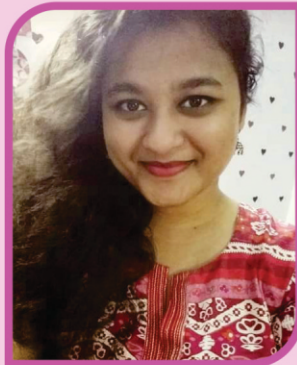
मला आठवतोय तो आपल्या कॉलेज चा पहिला दिवस मनामधे थोडी भीती अन त्या भीती मध्ये चेहर्यावर थोड हसू ठेवण थोड अवघडच पन जस जसे दिवस सरत होते तसतशी मैत्री वाढत होती अन ती हळूहळू आवडू ही लागली होती त्या मैत्रीच रुपांतर पुढे ग्रुप मध्ये झाल. ग्रुप मध्ये ही अतरंगी पोर प्रेत्यकाला पदव्या बहाल केलेल्या! ह्या ग्रुप मध्ये कोणीही सज्जन नाही प्रत्येक जण आपआपल्या वैयक्तिक पर्सनल गुणांमध्ये संपन्न कोणी ईथे सज्जन आला तर तो बिघडलाच म्हणुन समजा.....

मित्रानो कॉलेज लाइफ संपल आपल्याला आठवतील का ते दिवस कॉलेज मध्ये कानावर पडणारा भावा हा शब्द परत पडेल का कानावर.....? ते लेक्चर वेळी बाहेर काढल्यावर लाइट चा मेन स्विच ऑफ करण आठवेल का? तसेच लेक्चर बंक करण, कॉफी प्यायला जाण आणि तिथे मॅम चा भेटण तसाच कॉफी चा कप कचर्याच्या डब्यात टाकून घायला सांगण.... त्या कॉफी कडे आशेने बघण परत येतील का ते दिवस..? पेपर वेळी सर्व आपल्या ग्रुप मधले फेल होणे तरीही चेहरे आनंदात असणारे आठवतील का ते दिवस....? मायक्रो च्या लेक्चर वेळी शेवटचे 15 मिनीट असताना क्लासरूम मध्ये जाण परत येईल का आयुष्यात....? ते बोरींग लेक्चर बसणे आणि लेक्चर वेळी ही मस्ती करण... शिकवलेले डोक्यावरून जात असतानाही सरांकडे कॉन्फिडेंटलि बघणे त्यातूनही प्रश्न विचारला की वाटच, ते एकत्र केलेल मास बंक, फायनल पेपर वेली कळणार ते प्रेझेंटी च महत्व, परत लेक्चर वेली मारलेली प्रोक्झी परत मारु शकाल?

मनात नसताना अभ्यास केलेला वेळ नसताना शेवट पर्यंत कन्सेप्ट क्लेअर केलेला आणि शेवटचा पेपर ही तसाच दिलेला .

पोस्टिंग मध्ये केलेली मस्ती , नाचण, फोटो काढणे आठवेल का ...? पोस्टिंग वेली सरांच्या खाल्लेल्या शिब्या , ओरडा आठवेल का ?? आपण सगळ्यांना दिलेला एकमेकांना टाइम , आपल्या गप्पा , मस्ती , दुसर्यामुळे खाल्लेल्या शिब्या ... प्रत्येक दिवस सोबत घालवलेला आठवेल का...??

CONTRIBUTORS TO CREATIVE CORNER







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