



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
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AWARENESS ABOUT DO'S AND DON'TS IN ORAL HEALTH AT SHRI NARAYAN BABA CHARITABLE TRUST

Date: 01/02/2024

Venue: Shri Narayan Baba Charitable Trust Panvel

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department Of Public Health Dentistry, MGMDCH; NSS Unit, MGMDCH, Shri Narayan Baba Charitable Trust Panvel

Number of Students attended:4

Taking good care of our health also includes maintaining good oral hygiene. A good oral hygiene routine can help to avoid several dental procedures and surgeries, which will greatly reduce medical expenses.

Our mouth has several billion bacteria on average at any given time. There are 20 billion bacteria in the mouth, and they multiply five times an hour. The amount increases to a whopping 100 billion if someone skips brushing for more than two hours! Therefore, dental care should be a top priority for people of all ages. MGM Dental College & Hospital along with NSS unit conducts dental camp for educating and promoting good oral health care among devotees. This was extended to population of Shri Narayan Baba Charitable Trust with the aim to create awareness about the do's and don'ts in oral health.

Aim and objective:

1. To assess the oral health status of the population
2. To create awareness about the do's and don'ts in oral health
3. To provide basic dental care for their existing dental problems.

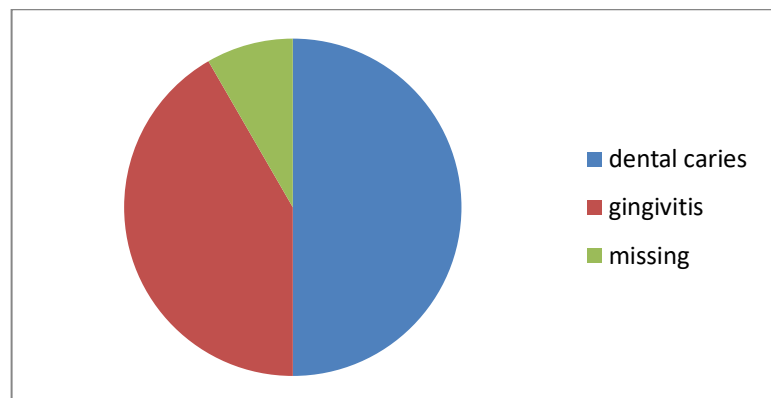
Method:

The patients were assessed using a mouth mirror and probe on the dental chair. The oral health statuses of the visitors were evaluated and they were explained about the do's and don'ts in oral health. They were demonstrated proper brushing techniques. Various preventive and corrective measures to be undertaken were explained to the patients. The visitors who consented for treatment were provided with basic dental care for their existing dental problems. Visitors having extensive dental problems were referred to MGM Dental College & Hospital for further treatment.

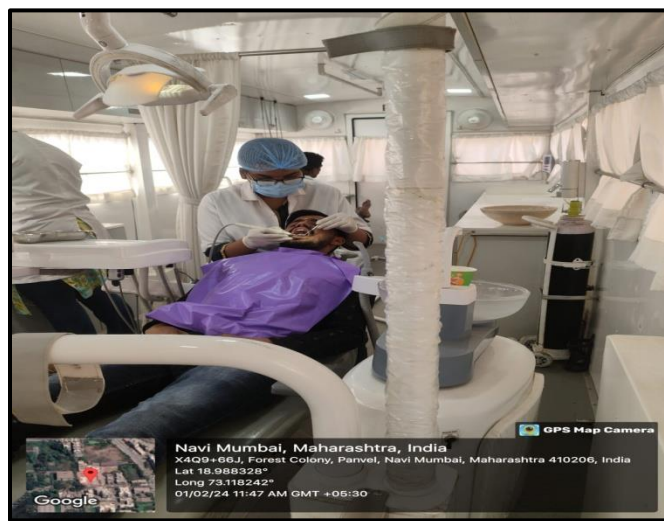
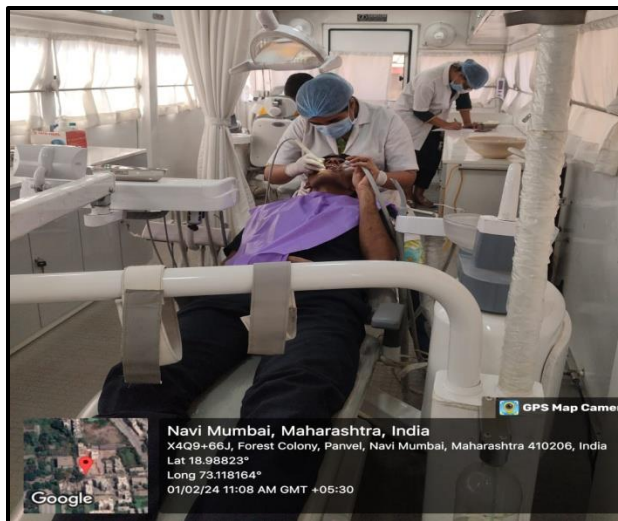
Observations: A total of 12 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	6	50
Gingivitis	5	42
missing	1	8

**Interpretation and conclusion:**

- Knowledge of visitors regarding nutrition was good .
- Dental caries and gingivitis were most prevalent in the evaluated group. This was followed by missing. Preventive and corrective measures were undertaken to prevent further deterioration of oral health.
- Treatment: As a part of preventive treatment measures, composite restoration was done and oral prophylaxis was provided to the patients at SNBCT, Panvel.



DENTAL TREATMENT BEING DONE BY THE TEAM

List of Attendees

Sr. No	Name of faculty
1	Dr. Vaibhav Thakkar
	Name of Interns& Students
2	Khushi Bhatia
3	SurbhiAgrawal
4	Nachiket Gogate
5	Vaishnavi Gonnade