



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A⁺⁺" Grade
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**AWARENESS ABOUT 'IMPORTANCE OF FLUORIDE' AT PEOPLE'S EDUCATION SOCIETY'S
CENTRAL SCHOOL, CBD BELAPUR**

Date: 02nd February 2024

Venue: People's Education Society's Central School, Cbd Belapur

Faculty: Dr. Kashmira Kadam, Dr. Neeraj Kolge

Organizing Agency: PHD dept MGMDCH, NSS unit of MGMDCH & MGM CBD Belapur centre

Number of Students attended: 02

Fluoride is a vital mineral known for its ability to prevent tooth decay and improve oral health. Despite its importance, many people are unaware of its benefits and the need for proper fluoride intake. This report highlights an awareness program conducted at People's Education Society's Central School, CBD Belapur, to educate students on the significance of fluoride in maintaining oral health.

Aim and objective:

1. **Primary Aim:** To raise awareness among students about the importance of fluoride in dental health.

Objectives:

1. Educate students on the role of fluoride in preventing tooth decay.
2. Provide information on various sources of fluoride, including fluoridated water and toothpaste.
3. Encourage students to adopt habits that ensure adequate fluoride intake.

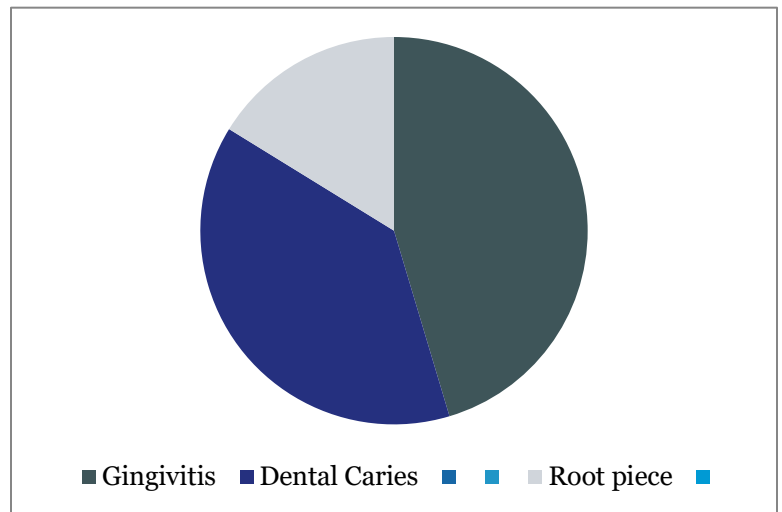
Method:

The awareness program was structured into several interactive components:

- **Educational Session:** A presentation on the science of fluoride, its benefits for dental health, and how it helps in the remineralisation of tooth enamel.
- **Visual Demonstrations:** Use of diagrams and models to show the effects of fluoride on teeth, including how it helps prevent cavities.
- **Interactive Q&A:** An open forum where students could ask questions and discuss common misconceptions about fluoride.
- **Practical Tips:** Guidance on how to incorporate fluoride into daily oral hygiene routines, such as the use of fluoridated toothpaste and mouth rinses.

Observations: A total of 35 patients were examined for various dental problems.

Condition	No. of individuals	Percentage %
Gingivitis	13	46.
Dental Caries	16	39
Root piece	6	14



- **Student Participation:** The students were actively involved in the session, asking insightful questions and engaging in discussions about their current oral hygiene practices.
- **Knowledge Gain:** A significant improvement in students' understanding of fluoride's benefits was observed through feedback collected during and after the session.

Interpretation and conclusion:

The program was successful in increasing awareness about the importance of fluoride among the students. Many students were unaware of the specific benefits of fluoride prior to the session, and the program effectively filled this knowledge gap. The importance of using fluoride-containing products and consuming fluoridated water was clearly communicated, helping students understand its role in maintaining strong, healthy teeth.

Recommendations:

- **Continued Education:** Implement regular educational programs on fluoride and overall dental care to reinforce the importance of oral health among students.
- **School Dental Programs:** Introduce fluoride treatments as part of the school's dental health initiatives, especially for students at higher risk of tooth decay.
- **Parental Engagement:** Engage parents through informational pamphlets and meetings to ensure that children receive adequate fluoride at home.



Empowering children with knowledge of fluoride's role in dental health

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Neeraj Kolge
Name- of Interns & Students	
3.	Rucha Sabde
4.	Sanskar Shankhala