



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

Accredited by NAAC with "A++" Grade
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**AWARENESS OF HARMFUL EFFECTS OF MISHRI AT PEOPLE'S EDUCATION SOCIETY'S
CENTRAL SCHOOL, CBD BELAPUR**

Date: 18th January 2024

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

Faculty: Dr. Kashmira Kadam, Dr. Prachiti Terni

Organizing Agency: Department Of Public Health Dentistry, MGMDCH; NSS Unit, MGMDCH; MGM Dental & Research center Belapur

Number of Students attended: 04

Mishri, a powdered form of tobacco, is widely used in certain regions of India, particularly among the rural and older populations. Despite its popularity, mishri is highly harmful due to its carcinogenic properties and adverse effects on oral and overall health. This report outlines the awareness program conducted at People's Education Society's Central School, CBD Belapur, focusing on the harmful effects of mishri, especially among the young population.

Aim and objective:

1. **Primary Aim:** To create awareness among students about the harmful effects of mishri and its impact on oral and overall health.

Objectives:

1. Educate students on the dangers of using mishri.
2. Encourage healthy oral hygiene practices.
3. Promote a tobacco-free lifestyle among the youth.

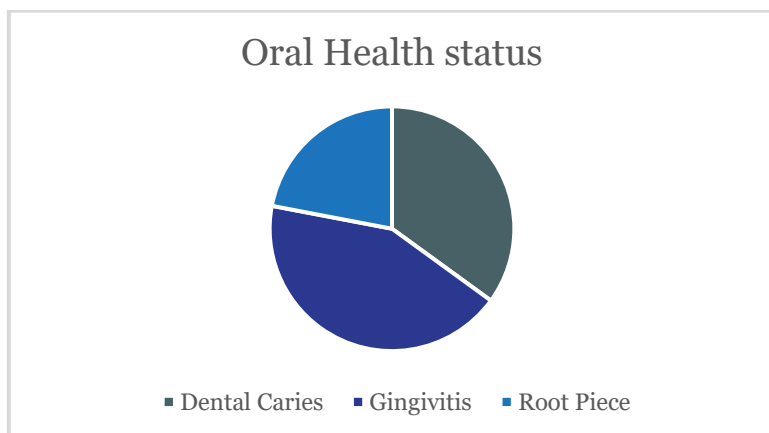
Method:

The awareness program was conducted through an interactive session involving:

- **Lectures:** Detailed presentations on the composition of mishri, its harmful effects, and its role as a carcinogen.
- **Visual Aids:** Use of posters and slides showing the impact of mishri on oral health, including images of oral cancers and other related conditions.
- **Discussions:** Engaging students in discussions to address myths about mishri and to provide evidence-based information.
- **Demonstrations:** Hands-on demonstrations on proper oral hygiene practices to prevent the onset of oral health issues.

Observations: A total of 54 patients were examined for various dental problems.

Condition	No. of individuals	Percentage %
Gingivitis	23	43
Dental Caries	19	35
Root piece	12	22

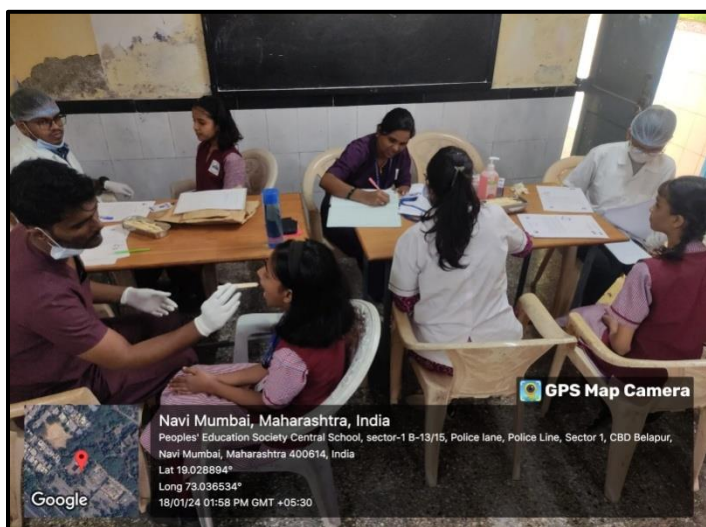
**Interpretation and conclusion:**

The awareness program successfully met its objectives of educating students about the dangers of mishri. It was evident from the discussions and quizzes that students were largely unaware of the risks before the session. The program emphasized the need for continued education and prevention strategies to combat the use of mishri among the youth.

Recommendations:

- **Follow-Up Programs:** Regular follow-up sessions to reinforce the dangers of tobacco use and promote sustained behavioral change.

- **Parental Involvement:** Involve parents in future programs to ensure that the message is reinforced at home.
- **Community Outreach:** Expand the program to include local communities, particularly targeting areas where mishri use is prevalent.



Raising awareness on mishri's harmful effects among children's



Spreading Awareness on the Harmful Impact of Mishri

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Prachiti Terni
Name- of Interns & Students	
3.	Rucha Sabde
4.	Sanskar Shankhal
5.	Sohan Raje
6.	Saloni Shah