



**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 DENTAL CAMP ON BALANCED DIET AND DENTAL CARIES IN MNR  
INTERNATIONAL SCHOOL, PALASPE**

**Date:** 20<sup>th</sup> January 2024

**Venue:** MNR International School, Palaspe

**Faculty:** Dr. Deeksha Shetty, Dr. Prachiti Terani

**Organizing Agency:** Department Of Public Health Dentistry, MGMDCH; NSS Unit, MGMDCH

**Number of Students attended:** 07

A balanced diet can help maintain good oral health by providing the nutrients your body needs. A poor diet can lead to tooth decay and gum disease. Here are some tips for maintaining good oral health through diet. MGM Dental College keeps organizing oral health check up and treatment camps to enhance the dental health in our community. Such an initiative was taken for the students of MNR International School to create awareness about role of balanced diet and dental caries.

**Aim and objective:**

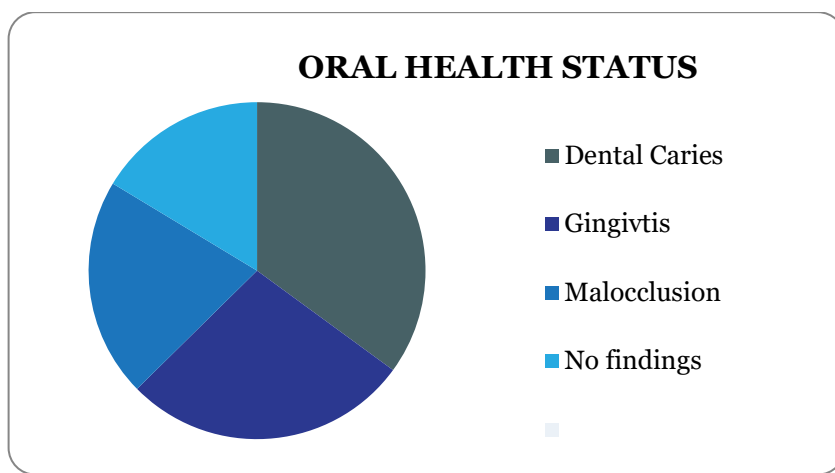
1. To create awareness amongst the students about the role of balanced diet in dental caries
2. To assess the oral health status of patients and to provide necessary Dental treatment.

**Method:**

Awareness regarding role of balanced diet in dental caries was done. Students were taught about the role of carbohydrates and sugar in increasing the pH levels of the oral cavity and how it enhances the caries activity in the oral cavity. A type III examination was carried out with the use of mouth mirror and probe in day light. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained. Tooth Brushing technique was explained. Students were made aware about the role of sugar in dental caries.

**Observations:** A total of 145 patients were examined for various dental problems. Students were detected with dental caries, gingivitis, malocclusion.. The students when educated showed that their negligence about oral health even after knowing harmful effects of sugar . Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

| Condition     | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental caries | 75                 | 52           |
| Gingivitis    | 18                 | 12           |
| Malocclusion  | 27                 | 19           |
| No Findings   | 25                 | 17           |



### Interpretation and conclusion:

1. Despite being aware of the detrimental effects of sugar, students were observed neglecting their oral hygiene. It is imperative to educate students about the harmful impact of sugar on dental health and impart effective oral hygiene practices.
2. Among the patients, dental caries emerged as the most prevalent issue, closely followed by gingivitis.



Oral Check up of child patient



Dental team examining patients

### LIST OF ATTENDEES

| Sr. No                                | List of Participants |
|---------------------------------------|----------------------|
| <b>Name of faculty</b>                |                      |
| 1.                                    | Dr. Deeksha Shetty   |
| 2.                                    | Dr. Prachiti Terani  |
| <b>Name of Interns &amp; Students</b> |                      |
| 3.                                    | Pragati Agarwal      |
| 4.                                    | Surbhi Agrawal       |
| 5.                                    | Khushi Bhatia        |
| 6.                                    | Shital Chate         |
| 7.                                    | Shreya Chavan        |
| 8.                                    | Neha Kambale         |
| 9.                                    | Tanmay Kamodkar      |