



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 ON PROPER TONGUE CLEANING AT SWAMI SAMARTH MATH, KAMOTHE

Date: 12th July 2025

Venue: Swami Samarth Math, Kamothe

Faculty: Dr. Kashmira Kadam, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry of MGMDCH, NSS unit of MGMDCH

Number of Students attended: 06

Proper tongue cleaning involves gently scraping or brushing the entire tongue surface, from back to front, twice daily to remove bacteria and food debris. Using a dedicated tongue scraper is often more effective than a toothbrush and is a crucial step for improving breath, enhancing taste, and promoting overall oral and general health. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at Swami Samarth Math, Kamothe the intention of creating awareness on proper tongue cleaning and about the best practice to take care of the oral health.

Fresher Breath: The tongue harbors a significant amount of bacteria that cause bad breath, and cleaning it helps eliminate them.

Improved Taste: A clean tongue enhances taste perception, allowing you to enjoy food more fully.

Better Oral Hygiene: Regular cleaning reduces the bacterial load, preventing plaque buildup and reducing the risk of gum disease and tooth decay.

Overall Health: Bacteria from the mouth can enter the bloodstream, potentially leading to more serious health issues, so a clean tongue supports systemic health.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To educate them and create awareness about importance of regular dental check-ups.
3. Effect of regular check-up on overall health of the individuals.

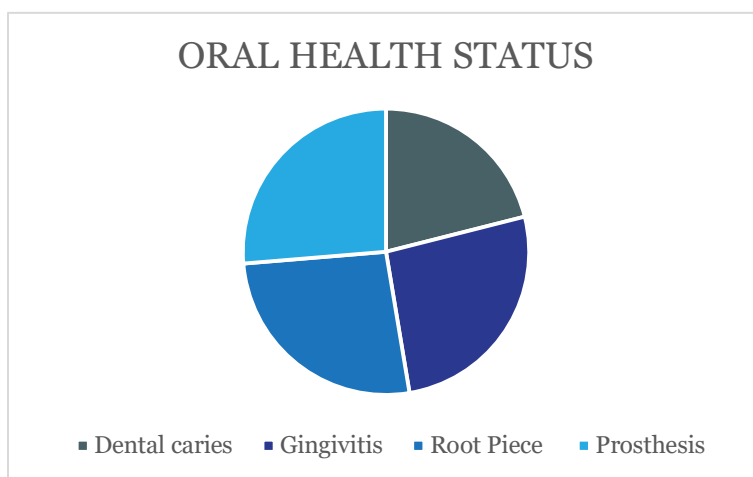
Method:

A type IV examination was carried out with the use of tongue depressor 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 how nutrition can affect the dental health of a patient. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the patients understood effective oral hygiene practices. The initiative also included discussions about the importance of regular dental check-ups and the benefits of fluoride, further reinforcing the message of comprehensive oral health care.

Observations: A total of 235 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	76	32
Gingivitis	72	31
Root piece	43	18
Prosthesis	44	19



Interpretation and conclusion:

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper diet and nutrition and also the facilities available. A regular dental check-up can lead to decrease in the number of decayed teeth.

2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.



Oral Examination done by the dental team at campsite

List of Attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Aishwarya Patil
Name of Interns& Students	
3.	Shreya Khuntegave
4.	Mahak Shrivastav
5.	Rutuja Tekale
6.	Dev Yadav
7.	Shruti Pingle
8.	Mahima Prasad