



## **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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### **IMPORTANCE OF SALIVA IN ORAL HEALTH AT SHREE BALAESHWAR TEMPLE CENTRE, PALI**

**Date: 22<sup>nd</sup> June 2025**

**Venue: Shree Baleshwar Temple Centre Pali**

**Faculty: Dr. Swati Singh, Dr. Pankaj Londhe**

**Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH; Satyam Sumiran Yoga Research Foundation**

**Number of Students attended: 4**

While it may seem simple or even insignificant, saliva plays a vital role in keeping our mouths healthy. From helping digest food to protecting teeth against decay and maintaining the balance of good bacteria, saliva is essential for a healthy smile. Through this camp, we aim to spread awareness about the functions of saliva, how its imbalance can lead to oral problems, and what we can do to keep it working at its best. This initiative was extended to the patients at Shree Baleshwar Temple Centre Pali, aiming to educate them about the importance of regular check-up while providing information about the role of saliva in maintaining oral health. The program seeks to empower children with knowledge about their dental health and instill good oral hygiene practices from an early age.

#### **Aim and Objectives:**

- To educate patients about the importance of saliva and maintaining oral health.
- To assess the overall oral health status of the participating individuals.
- To encourage healthy dietary choices that support dental health.

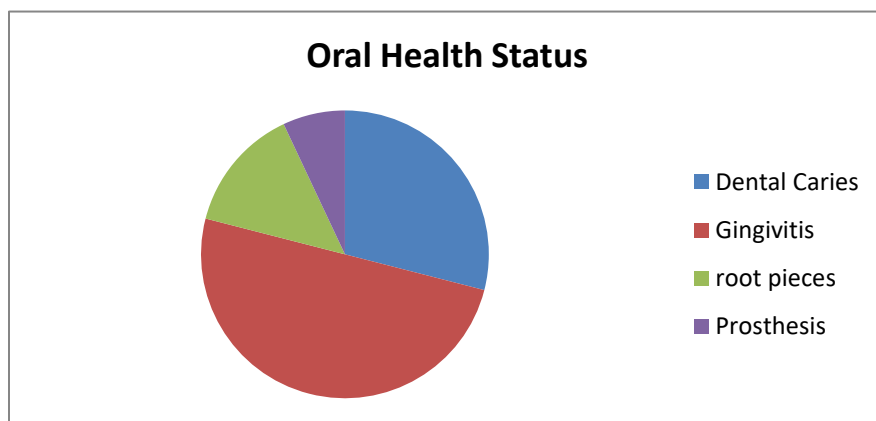
**Method:**

Type 1 examination of the patients was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, they were provided with information on how to address any identified dental issues. 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 14 individuals were examined for various dental problems. Treatments conducted were 02 extractions, 4 restorations and 1 scaling. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

**Oral Health Status:**

| Conditions    | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental Caries | 4                  | 29           |
| Gingivitis    | 7                  | 50           |
| Root pieces   | 2                  | 14           |
| Prosthesis    | 1                  | 7            |

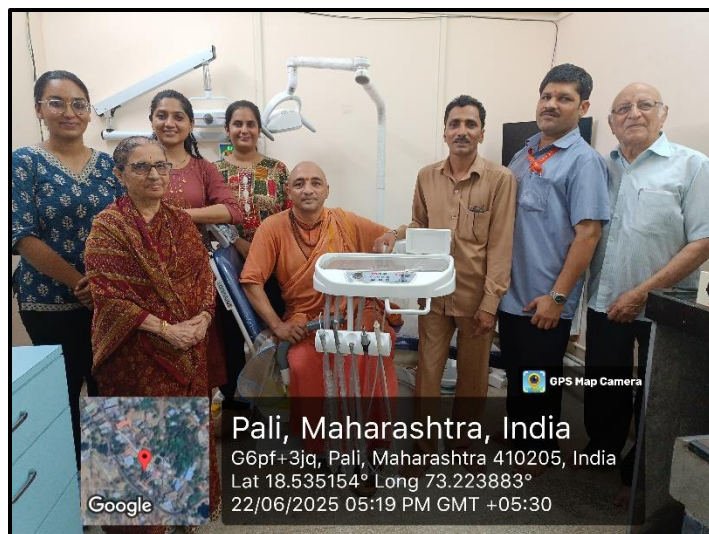
**Interpretation and conclusion:**

1. Extraction is the most common treatment done among the patients. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Dental caries and gingivitis are the most common problem among the patients which can be reduced by educating them regarding proper brushing technique along with utilization of different interdental aids.

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.
3. The various nutritional food items were informed to the children and their positive benefits were explained to them.



TREATMENTS DONE AT CAMP SITE



TEAM MEMBERS AT CAMP SITE

### List of Attendees

| Sr. No                      | List of Participants |
|-----------------------------|----------------------|
| <b>Name of faculty</b>      |                      |
| 1.                          | Dr. Swati Singh      |
| 2.                          | Dr. Pankaj Londhe    |
| <b>Name of Participants</b> |                      |
| 3.                          | Sakshi Agarwal       |
| 4.                          | Akshata Chabukaswar  |
| 5.                          | Aarti Jadhav         |
| 6.                          | Himanshu Jadhav      |