



**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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**ORAL HEALTH AND MENTAL WELL-BEING CONNECTION AT SHRI NARAYAN BABA  
CHARITABLE TRUST, PANVEL**

**Date: 15th May 2025**

**Venue: Shri Narayan Baba Charitable Trust, Panvel**

**Faculty: Dr. Deeksha Shetty, Dr. Pankaj Londhe**

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

**Number of Students attended: 3**

Oral health is an essential component of overall health, yet its link with mental well-being is often overlooked, particularly among underserved populations. Research indicates a strong two-way relationship between oral health and mental well-being. Mental Health Impacting Oral Health: Conditions such as depression and anxiety can lead to neglect of oral hygiene, substance use (e.g., tobacco, alcohol), and medication side effects (e.g., dry mouth), which contribute to dental issues. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the employees, aiming to educate them about the importance of regular check-up while providing essential oral health care.

**Aim and Objectives:**

- To educate the general population about the importance of maintaining oral health and make them aware of the detrimental effect of various forms of tobacco.
- To assess the overall oral health status of the participating individual.
- To encourage healthy dietary choices that support dental health

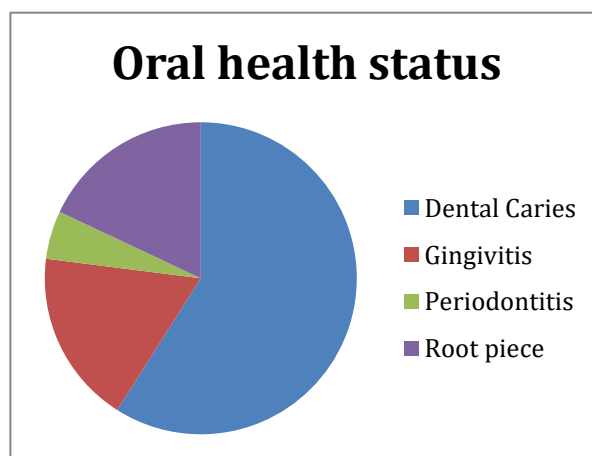
**Method:**

Type 2 examination was conducted using tongue depressor to assess their oral health status. Following the evaluation, the patients were provided with information on how to address any identified dental issues. The patients were explained various common oral lesion caused due to use of tobacco with the help of banners and charts. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of oral lesions and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, The initiative also included discussions about the importance of regular dental check-ups, further reinforcing the message of comprehensive oral health care.

**Observations:** A total of 17 individuals 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 individual s	Percentage %
Dental Caries	10	59
Gingivitis	3	18
Periodontitis	1	5
Root piece	3	18



## Interpretation and conclusion:

Dental Caries is the most common problem among the people followed by gingivitis

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these populations



INVESTIGATION DONE BY TEAM MEMBERS AT CAMP SITE



TREATMENT DONE BY TEAM MEMBERS AT CAMP SITE

## List of Attendees

Sr. No	List of Participants
<b>Name of faculty</b>	
1	Dr. Deeksha Shetty
2	Dr. Pankaj Londhe
<b>Name of Interns</b>	
1.	Harsha Satpute
2.	Mansi Yetkar
3.	Aryan Satikunvar