



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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ROLE OF CALCIUM AND VITAMIN. D FOR STRONG TEETH AT SANATAN ASHRAM, PANVEL

Date: 15th July 2025

Venue: Sanatan Ashram, Panvel

Faculty: Dr. Swati Singh, Dr. Aishwarya Patil

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

Number of Students attended: 06

Calcium and vitamin D are crucial for strong teeth because calcium provides the essential mineral for building and strengthening tooth enamel, while vitamin D helps the body absorb and utilize that calcium for tooth mineralization and overall bone health. A deficiency in either nutrient can weaken teeth, making them more susceptible to decay, cavities, and fractures, and can also negatively impact gum health and increase the risk of periodontal disease. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children of MNR School with the intention of creating awareness about proper flossing technique.

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 flossing at an early age.
3. Effect of regular check-up on overall health of the individuals.

Method:

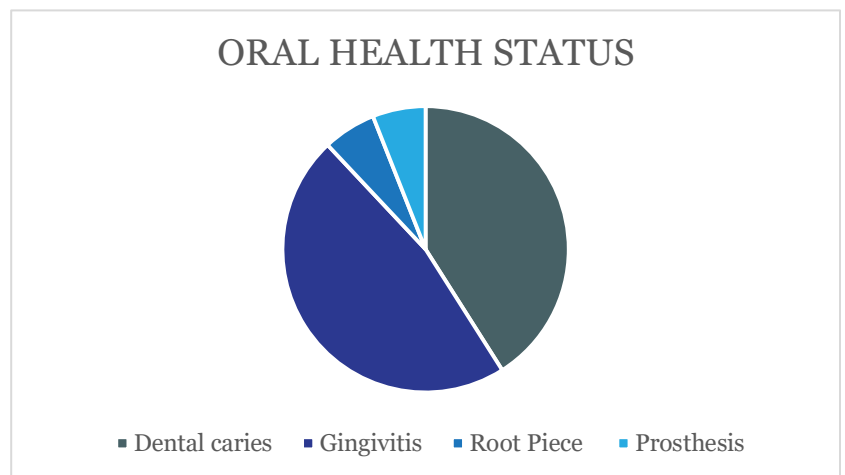
Type 1 examination of the patients was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, they were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for check-up, 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 45 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

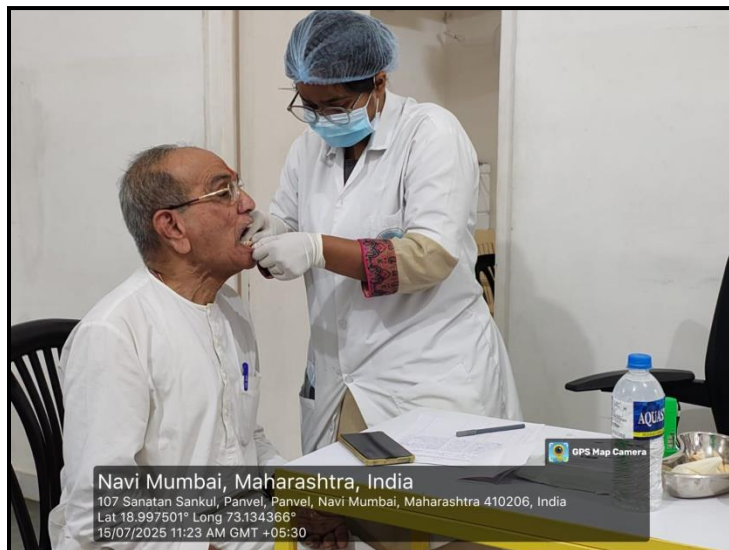
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	13	29
Gingivitis	13	29
Root piece	9	20
Prosthesis	10	22



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. Swati Singh
2.	Dr. Aishwarya Patirol
Name of Interns& Students	
3.	Sejal Chatlawar
4.	Rhutu Bore
5.	Akanksha Tembhare
6.	Rutuja Tekale
7.	Sakshi Nanda
8.	Neha Mishra