



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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IMPORTANCE OF HYDRATION FOR ORAL HEALTH AT KARANJADE, PANVEL

Date: 18th May 2025

Venue: KARANJADE, PANVEL

Faculty: Dr. Swati Singh, Dr. Aishwarya Patil

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

Number of Students attended: 6

Hydration plays a vital role in maintaining good oral health. Drinking enough water helps wash away food particles and bacteria that can lead to tooth decay and gum disease. It also supports the production of saliva, which is essential for neutralizing harmful acids, protecting tooth enamel, and keeping the mouth moist. A well-hydrated mouth helps prevent dry mouth, bad breath, and discomfort. Additionally, water, especially if fluoridated, strengthens teeth and helps in maintaining a healthy oral environment. Therefore, staying properly hydrated is a simple yet effective way to support overall oral hygiene. 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 Karanjade, Panvel with the intention of creating awareness about the importance hydration for oral health.

Aim and Objectives:

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

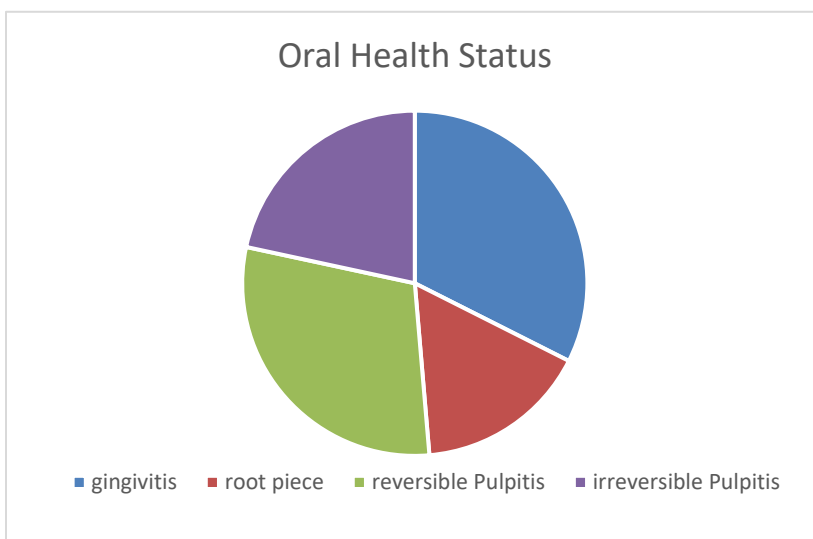
Method:

An examination of the new patients was conducted using tongue depressor to assess their oral health status. Following the evaluation, the mothers 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. The initiative also included discussions about the importance of regular dental check-ups.

Observations: A total of 74 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Gingivitis	24	32.4%
Root piece	12	25.5%
Reversible pulpitis	22	29.7%
Irreversible pulpitis	16	21.6%



Interpretation and conclusion:

Gingivitis is the most common problem among the mothers followed by cases of reversible pulpitis.

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



Treatment done by the dental team



Investigation done by the dental team

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Swati Singh
2	Dr. Pankaj Londhe
Name of Interns	
1.	Aryan Satikunvar
2.	Harsha Satpute
3.	Sejal Mane
4.	Sanika Shah
5.	Maheen Ahmed
6.	Shreya Khuntegave