



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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NUTRITION ESSENTIALS DURING PREGNANCY AT ANC CAMP, MGM MEDICAL HOSPITAL

Date: 02nd July 2025

Venue: MGM Medical hospital

Faculty: Dr. Mausami Malgaonkar, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH & Department of Preventive and Social Medicine

Number of Students attended: 3

At the ANC (Antenatal Care) camp held at MGM Medical College, interns provided an insightful session on the nutrition essentials during pregnancy, emphasizing the crucial role of proper dietary intake for the health of both mother and child. The session highlighted the importance of a balanced diet rich in key nutrients, such as folic acid, iron, calcium, and protein, to support fetal growth and development. Interns also discussed the significance of hydration, maintaining a healthy weight, and avoiding harmful foods. Practical tips, such as consuming a variety of fruits, vegetables, whole grains, and lean proteins, were shared, along with the importance of prenatal vitamins to fill any nutritional gaps. This interactive session not only educated expectant mothers about their dietary needs but also provided an opportunity to ask questions and receive personalized guidance, ensuring they are empowered to make informed choices for a healthy pregnancy. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to pregnant women at ANC camp MGM medical hospital, Kamothe with the intention of creating awareness about nutrition essentials during pregnancy.

Aim and objective:

1. To Educate Expectant Mothers on the Importance of Nutrition During
2. Pregnancy
3. To Empower Mothers to Make Informed Dietary Choices
4. To Promote Healthy Lifestyle Practices for Maternal and Fetal Health

5. To Provide a Platform for Addressing Individual Nutritional Concerns
6. To Explain the Key Nutrients Required During Pregnancy
7. To Discuss Dietary Guidelines and Weight Gain During Pregnancy
8. To Address Common Pregnancy-Related Symptoms Through Nutrition
9. To Raise Awareness About Harmful Foods and Substances

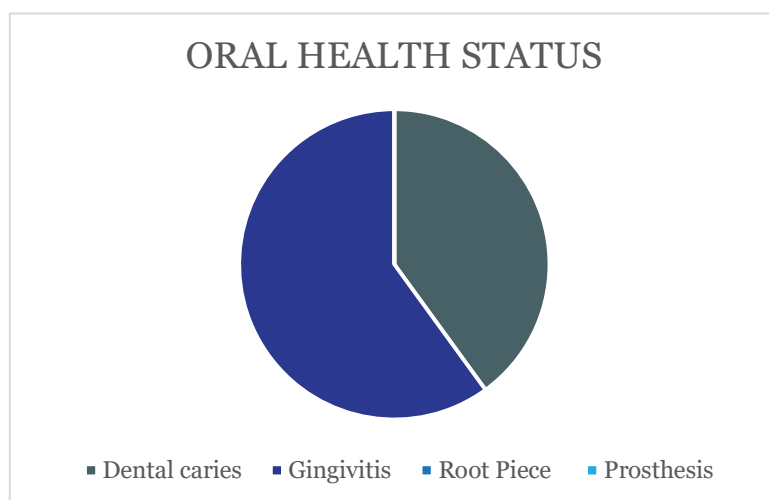
Method:

Oral health education on pregnancy related dental issues was given to patients using models, posters and charts. Educational sessions will include demonstrations of proper brushing and flossing techniques, dietary recommendations, and guidance on managing pregnancy-related oral health concerns such as gingivitis and tooth sensitivity. A type III examination was carried out with the use of tongue depressor. 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 pregnancy affects the oral health status.

Observations: A total of 07 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	2	40
Gingivitis	3	60
Root piece	0	00
Prosthesis	0	00



Interpretation and conclusion:

1. A significant number of participants exhibited poor oral hygiene practices, including irregular brushing and a lack of knowledge about pregnancy-related dental issues such as gingivitis and tooth sensitivity.
2. Educating new mothers about dental care at ANC camps is an effective strategy for promoting maternal and infant oral health. Providing simple, practical dental care tips can help prevent common oral health issues and reduce the risk of complications during pregnancy.



INVESTIGATION AND TREATMENT DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Aishwarya Patil
Name of Interns & Students	
3.	Jash Bhuchhada
4.	Kazim Ansari
5.	Ayesha Khan