



**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
E-Mail ID: mgmdch@mgmmumbai.ac.in



**ROLE OF NUTRITION IN MAINTAINING HEALTHY TEETH AND GUMS AT SHREEE
BALLALESHWAR TEMPLE CENTRE, PALI**

Date: 29th June 2025

Venue: Shree Baleshwar Temple Centre Pali

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

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

Number of Students attended: 5

Nutrition plays a vital role in maintaining healthy teeth and gums. A balanced diet rich in essential nutrients supports the structural integrity of teeth and gums, aids in tissue repair, and helps fight off infections. Conversely, poor dietary choices, particularly those high in sugars and acids, can contribute to tooth decay, gum disease, and other oral health problems. This initiative was extended to the patients at Shree Baleshwar Temple Centre Pali, aiming to educate them about the role of nutrition in maintaining oral health. The program seeks to empower the resident of Pali 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 nutrition in maintaining oral health of the individuals.
- To assess the overall oral health status of the participating individuals.
- To encourage healthy dietary choices that support dental health.

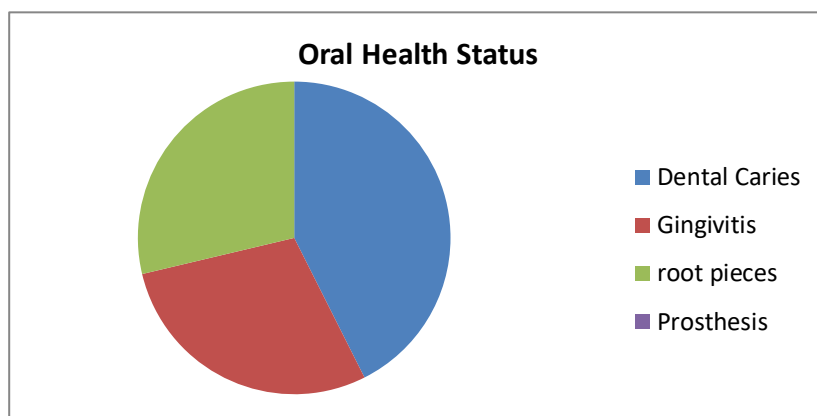
Method:

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 07 individuals were examined for various dental problems. Treatments conducted were 02 extractions, 3 restoration and 02 scaling. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status:

Conditions	No. of individuals	Percentage %
Dental Caries	3	43
Gingivitis	2	29
Root pieces	2	29
Prosthesis	0	0

**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

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Pruthaviraj Birajdar
4.	Moreshwar Bonge
5.	Nirmita Gulabani
6.	Ayesha Sheerazi