



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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AWARENESS CAMP ON HYDRATION, SALIVA, AND ORAL HEALTH

Date: 31th August 2025

Venue: Pali Ballaleshwar Temple

Faculty: Dr. Deeksha Shetty

Organizing Agency: PHD Dept MGMDCH; NSS Unit of MGMDCH; Pali Ballaleshwar Temple Trust

An awareness and dental check-up camp was held on **30th August 2025** at **Pali Ballaleshwar Temple**, organized by the Public Health Dentistry Department and NSS Unit of MGM Dental College & Hospital, Kamothe in collaboration with the Pali Ballaleshwar Temple Trust. The main objective was to offer free dental check-ups and educate the community on the importance of **hydration and the role of saliva in maintaining oral health** and preventing dental diseases.

Aim and Objectives

- To provide free dental check-ups for the local population.
- To raise awareness about the importance of adequate hydration in maintaining oral health.
- To educate participants about the protective role of saliva in oral hygiene and disease prevention.

Method

The dental team screened all participants for common dental issues and delivered a health education session on how **proper hydration** and **healthy salivary flow** help in washing away food particles, neutralizing acids, and preventing dental caries and gum problems. Practical tips to maintain hydration and improve oral hygiene were also shared.

Observations

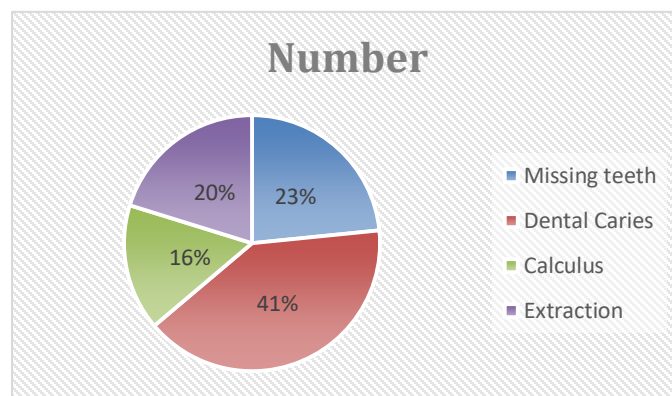
A total of **94 participants** were examined during the camp. Many were unaware of the role of hydration and saliva in maintaining oral health and preventing dental diseases. The health talk was well appreciated, with

participants expressing interest in adopting healthy hydration habits and seeking timely dental care when required.

Interpretation and conclusion

The analysis of dental conditions among 94 participants revealed that **dental caries** was the most prevalent condition, affecting **40%** of individuals, indicating a high need for preventive oral health measures. **Calculus** and **extraction needs** were observed in **25%** of participants each, suggesting inadequate oral hygiene practices and delayed dental visits. **Missing teeth** accounted for **10%**, reflecting untreated or previously extracted cases. Overall, the data highlights the importance of regular dental check-ups, proper oral hygiene, and community awareness programs to improve oral health outcomes.

Condition	Number	Percentage
Missing teeth	22	10
Dental Caries	38	40
Calculus	15	25
Extraction	19	25
Extraction	94	100



CAMP TEAM AT BALLALESHWAR TEMPLE ,
PALI



CAMP CHECK UP AND ENTRIES DONE ON KOBO
TOOL BOX APP

List of attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Deeksha Shetty
2	Dr. Pankaj Londhe
Name of Interns & students	
4	Maithili
5	Ved
6	Vardhan