



2023

WORLD ORAL HEALTH DAY: REPORT



MOBILE DENTAL CLINIC PROJECT
MAULANA AZAD INSTITUTE OF
DENTAL SCIENCES

Maulana Azad Institute Sciences (MAIDS) have been entrusted to administer primary and secondary level of dental services and to educate and create dental awareness among the underprivileged and down trodden society in GNCT of Delhi under the National Health Mission (NHM).

Estimates from Global Burden of Disease demonstrate that oral diseases affect 3.9 billion people and untreated dental caries (tooth decay) is the most prevalent morbid condition among all diseases. Furthermore, oral diseases significantly affect quality of life and its associated healthcare has a catastrophic effect on the public health budgets. Linkages between many oral diseases and non communicable diseases are well documented and tooth loss has been reported of being associated with pre-mature mortality. Oral diseases may also impact social and psychological wellbeing, consequently leading to social isolation.

Under Mobile Dental Clinic Project, a fleet of 6 mobile dental clinics (vans) have been instituted. These 6 dental vans have thrived tremendously due to constant efforts of a dedicated team of Consultants, Dental Surgeons, Dental Hygienist, Chair Side Assistant and supporting Staff. The Project has managed to serve more than 2 Lakh patients since its inception, with treatment services provided to almost 60% of the patients screened .The Project has revealed a high disease prevalence of 55 % has been



reported for Periodontal Diseases followed by 40% of Dental Caries highlighting the huge burden of unmet dental needs in National Capital Territory.

One of the primary objectives of the Project is to create awareness amongst the masses regarding Oral Health. We have organized many events in the past on days of Public Health Importance like World No Tobacco Day, Tooth brushing Day etc to deliver vital information regarding oral health in World Oral Health Day is a global initiative celebrated annually on March 20th, focusing on promoting oral health and raising awareness about the importance of maintaining good oral hygiene. The day serves as an opportunity to highlight the impact of oral diseases on individuals' overall health and well-being.

1. **Background:** World Oral Health Day was first observed in 2007 by the FDI World Dental Federation, a global dental organization representing over one million dentists worldwide. The day aims to empower individuals, communities, and governments to take action towards improving oral health and reducing the prevalence of oral diseases.
2. **Objectives:** The main objectives of World Oral Health Day are as follows:
 - a. Raise awareness: Educate individuals about the importance of oral health, emphasizing its impact on overall well-being.
 - b. Promote prevention: Encourage the adoption of preventive measures such as regular brushing, flossing, and dental check-ups.
 - c. Advocate for policy change: Urge governments and policymakers to prioritize oral health and integrate it into broader public health agendas.



d. Reduce oral health inequalities:
Address disparities in access to oral healthcare services and promote equity in oral health outcomes.

3. Global Campaigns and Activities: World Oral Health Day is marked by various campaigns and

activities conducted globally, with the participation of dental associations, healthcare organizations, schools, and communities. These activities include:

a. Public awareness campaigns: Media campaigns, social media engagement, and community outreach programs to spread awareness about oral health.

b. Oral health screenings: Free or low-cost dental check-ups and screenings provided in communities to identify and address oral health issues.

c. Educational programs: Workshops, seminars, and interactive sessions conducted in schools, universities, and community centers to educate individuals about oral hygiene practices.



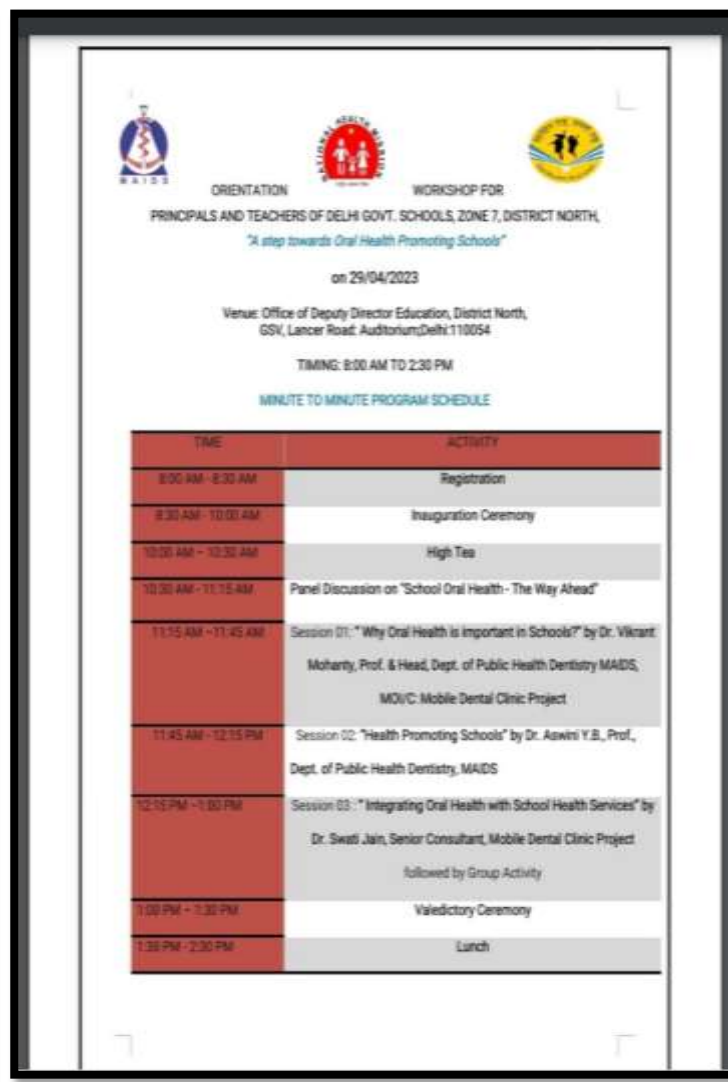
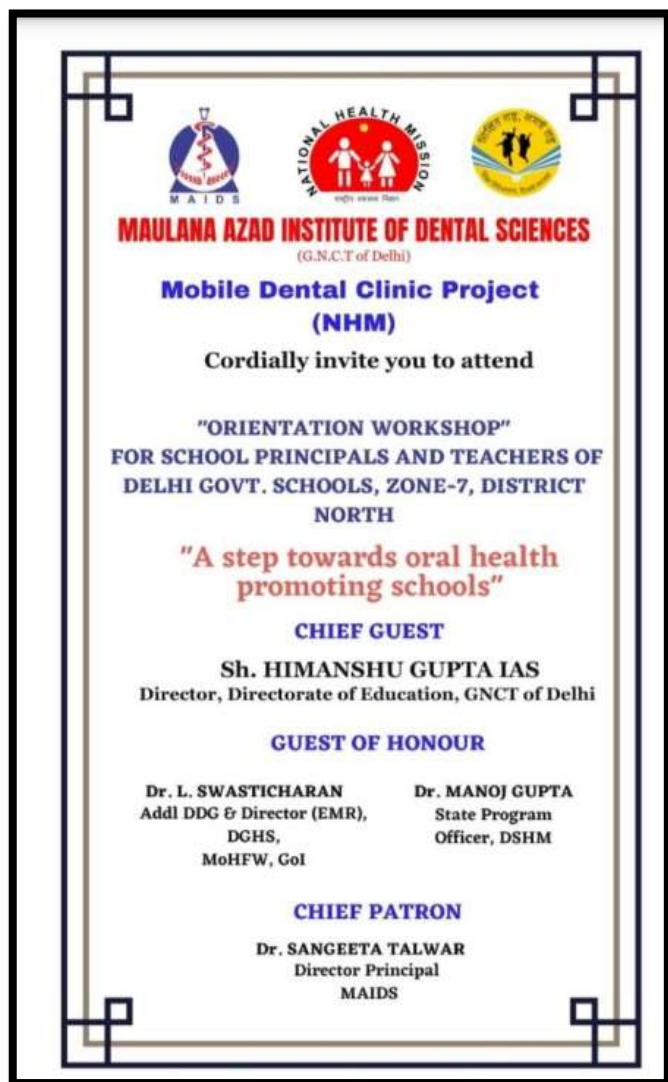
- d. Oral health promotion: Distribution of brochures, posters, and educational materials that emphasize the importance of oral health and provide practical tips for maintaining good oral hygiene.
- e. Collaborative events: Partnerships between dental clinics, healthcare providers, and various stakeholders to organize oral health campaigns
- f. Policy advocacy: Engaging with policymakers and stakeholders to advocate for policies that prioritize oral health promotion, prevention, and access to affordable oral healthcare services.

The official theme of the 2023 World Oral Health Day (WOHD) campaign was “*Be Proud of your Mouth*”. This campaign called upon individuals to take tangible action to protect their oral health. Keeping this in mind, in continuation with our previous attempts; the Mobile Dental Clinic Project organized Month long events from 20th March 2023 to 30th April 2023 targeting special groups and general population. The details of Activities conducted are as followed:

1.	Orientation workshop for School Principals & teachers of all Govt. Schools of Zone V11, District North, GNCT of Delhi
2.	Painting competition for Mentally challenged children on the theme “ <i>Be Proud of your Mouth</i> ” in ASHA KIRAN: Home for mentally challenged
3.	Tooth Brushing Demonstration & Oral health awareness talk in Delhi Govt. Schools
4.	Oral health awareness talk & distribution of oral health kit for Senior citizens under Project Amma of Mobile Dental Clinic Project
5.	Quiz competition in 03 Delhi Govt. Dispensaries
6.	Organizing Nukkad Naatak by ASHA workers

A brief overview of the various activities is provided as under.

1. ORIENTATION WORKSHOP FOR PRINCIPALS AND TEACHERS OF ALL GOVERNMENT SCHOOLS OF ZONE VII, DISTRICT NORTH, GNCT OF DELHI, ON THE TOPIC" A STEP TOWARDS ORAL HEALTH PROMOTING SCHOOL ON 29/04/2023:



The role of school teachers and principals is crucial in creating and maintaining an oral health promoting school environment. They play a significant part in educating students about oral health, promoting healthy habits, and fostering a supportive atmosphere for oral hygiene practices. The Mobile Dental Clinic project has already been conducting various Health

promotional activities in school under its initiative “Project NEEV: SCHOOL ORAL HEALTH PROGRAM”.



This year the Project organized Workshop for school Principals and teachers of Govt. schools of Zone VII, District North of Delhi in collaboration with Department of Education, GNCTD. The Head of schools of 35 Government schools in Zone VII, District North, along with 03 nominated teachers from each school were

invited to participate in the workshop. A total of 125 participants attended the workshop

Sh. Himanshu Gupta (IAS) Director, Directorate of Education ,GNCTD graced the occasion as the Chief Guest. Dr. Mnaoj Gupta ,State Program Officer, DSHM and Dr. Ankita Piplani , National Consultant, National Oral health Program, MoHFW, GoI were the Guest of Honour.



Objectives of the Workshop:

1. To **create awareness** among Principals and Teachers about the importance of oral health in overall well-being.
2. To **provide knowledge and tools** for principals and teachers to promote oral health practices in schools.
3. To **explore strategies and resources** for integrating oral health education into the curriculum.
4. To foster **collaboration among school staff, students, parents, and oral health professionals.**



The program began with the registration and distribution of Oral health IEC Kit for the Participants. This was followed by the Inauguration ceremony wherein Dr. Vikrant Mohanty (MOI/C) highlighted the need for School Oral Health in Delhi. Highlights of “Nine Year Report of Project NEEV: School Oral Health Program, Mobile Dental Clinic Project” were shared with the audience. Dr. Kanchan Jain (Deputy Director of Education, zone VII, District North) and Dr. Pramod Katiyar (Deputy Director of Education,



District North) emphasized the need of integrated school oral health Program and appreciated the efforts of the Mobile Dental Clinic Project. Sh. Himanshu Gupta provided valuable insight on the way ahead. He mentioned that Oral health amongst school

children is vital not only for the child but for the entire society. He encouraged the Mobile Dental Clinics to continue and render services to all the schools of Delhi and asked to propose a model for School Oral Health in NCT of Delhi. Dr. Swati Jain (Consultant, Mobile Dental Clinic



Project)proposed the Vote of thanks.





The workshop began with the Panel Discussion on the theme: **SCHOOL ORAL HEALTH: THE WAY AHEAD.** The panelists were:

1. **Dr. Manoj Gupta, SPO(DSHM), GNCT of Delhi**
2. **Dr. Ankita Piplani, National Consultant , NOHP, MoHFW, GoI.**
3. **Dr. Vikrant Mohanty, MOI/C(Mobile Dental Clinic Project, Prof. & Head, Dept. of Public health Dentistry, MAIDS**
4. **Dr. Pramod Katiyar, D.D.E, District North, Dept. of Education, GNCTD**
5. **Dr. Kanchan Jain, D.D.E , Zone VII, District North, Dept. of Education, GNCTD**

Dr. Swati Jain moderated the Panel Discussion. The panel discussed the following points:

1. **Importance of integrating oral health with school health:** The panel discussed the importance of oral health and how it affects overall health and wellbeing. Dr. Manoj Gupta emphasized the importance on childhood habits, while Dr. Pramod Katiyar highlighted the ripple effect of health promotional activities done at school level. The panel discussed the need to integrate oral health education and services with school

health programs to promote good oral health habits and prevent dental problems among children.



2. Impact of oral health

on academic performance: The panel then discussed the impact of oral health on academic performance, wherein Dr. Vikrant Mohanty and Dr. Kanchan Jian highlighted the link between poor oral health and absenteeism, difficulty concentrating, and lower grades. Dr. Manoj Gupta and Dr. Ankita Piplani also discussed the economic impact of poor oral health on families and communities, and the potential cost savings of preventive oral health services.



3. Role of schools in promoting oral health: The panel then discussed the role of schools in promoting oral health, including the importance of educating children about proper oral hygiene practices and



providing access to dental services. They also discussed the importance of creating a school environment that promotes good oral health practices, such as healthy food choices and the availability of water for hydration.

4. **Challenges in integrating oral health with school health:** Dr. Manoj Gupta highlighted the challenges in integrating oral health with school health at State level majorly including multiple administrative bodies in Delhi and limited resources. While Dr. Ankita highlighted the major challenge of lack of funding, and resistance from school administrators, parents, and students. Dr. Ankita and Dr. Vikrant Mohanty also discussed the potential solutions to overcome these challenges, such as partnerships with dental professionals and community organizations.



5. **Best practices for integrating oral health with school**

health: Dr. Ankita Piplani mentioned about few school oral health models working

successfully in India. Dr. Pramod Katiyar discussed best practices for integrating oral health with school health, such as incorporating oral health education into the curriculum, providing dental screenings and fluoride treatments, and promoting healthy eating habits. Dr. Kanchan Jain highlighted the importance of regular dental check-ups and the role of parents and caregivers in promoting good oral health practices at home. Dr. Manoj Gupta appreciated the efforts of Mobile Dental Clinic Project in this regard.

6. **Future of oral health integration with school health:** The panel closed the discussion by highlighting the future of integrating oral health with school health, including the potential for technology to enhance oral health education and services, and the importance of continued collaboration between dental professionals, educators, and community stakeholders. They also discussed the potential for policy changes to support the integration of oral health with school health programs.

At the end the audience also interacted with the panelists. Overall, it was a brainstorming session



with the major stakeholders and various solutions were sought for integrating school oral health.

Guest Lecture:

The lecture was delivered by Dr. Vikrant Mohanty on “Why Oral health is important in schools and health promoting schools”. The lecture highlighted the existent School Health Programs in various states of India and possible integration module for oral health components. The need for School health programs in India was further emphasized. He explained in a comprehensive manner regarding the huge burden of oral diseases existent especially among school children in India. He further highlighted the huge financial implication of these untreated oral diseases on the families of the children if not treated timely. He discussed about various models for implementing the concept of “Health Promoting Schools” in India with “Oral Health” being the vital component. Many Probable outline of School oral Health Programs were discussed.



The last guest lecture in the series was taken by Dr. Swati Jain on the topic “Integrating Oral Health

with school health services”. She discussed in detail about various successful models of school oral health existent worldwide and presented a model framework that can be implied in Delhi.

GROUP ACTIVITY: The final activity of the day was an interesting workshop wherein the participants were divided in 11 teams and each team was provided with a problem Solving Exercise. The teams were given 15 minutes to discuss amongst themselves for the probable solutions to the health situations given to them and then discuss it. It was a learning experience for everyone. The event was concluded with the valedictory function wherein all participants were motivated for maximum contribution towards School Oral Health.





2. Painting competition for Mentally challenged children on the theme “Be Proud of your Mouth” in ASHA KIRAN: Home for mentally challenged on 20th March 2023

1. Introduction: On 20th March 2023, a painting competition was organized by Dr. Neha Singh (Dental Surgeon, Mobile Dental Clinic Project) at Asha Kiran, a home for mentally challenged individuals, with the aim of promoting self-expression and creativity among the residents. The competition focused on the theme "Be Proud of Your



Mouth" to encourage participants to explore the concepts of self-confidence and the importance of communication.

2. Planning and Preparation: Prior to the event, meetings were held with the staff and



administrators of Asha Kiran to obtain their support and permission for organizing the competition.

- The Asha Kiran team actively participated in the planning process, providing valuable

insights and suggestions.

- The competition took place at a suitable space within Asha Kiran, where the participants could comfortably engage in their artistic endeavors.
- A list of required art supplies was prepared, including paints, brushes, paper, and

additional materials needed for the competition.

- All residents of Asha Kiran were invited to participate in the competition.

- Each participant was provided with the

necessary art supplies and support based on their individual needs.



- A brief introduction to the theme "Be Proud of Your Mouth" was given to the participants, highlighting the significance of self-expression and communication.
- The participants were given ample time to express their creativity and create their artwork based on the theme.
- Volunteers and staff members were available to provide assistance and guidance as required.
- The artwork was evaluated based on creativity, interpretation of the theme, use of colors, and overall impact.
- All participants were recognized for their efforts and received certificates of participation.
- The top artworks were selected for special recognition and awarded prizes to celebrate their achievements.

5. Conclusion: The painting competition on the theme "Be Proud of Your Mouth" at Asha Kiran: Home for Mentally Challenged was a resounding success. It provided an opportunity for the residents to express themselves through art and highlighted the importance of self-confidence and communication. The event fostered a sense of pride and accomplishment among the participants, further promoting their overall well-being.

The success of the competition was made possible through the collaboration and support of the Asha Kiran staff, volunteers, and the wider community. The event not only showcased the creativity and talent of the mentally challenged individuals but also helped create a more inclusive and supportive environment within Asha Kiran.

3. Tooth Brushing Demonstration & Oral health awareness talk in Delhi Govt. School



1. Introduction: On 16th March 2023, in celebration of World Oral Health Day, a tooth brushing demonstration and oral health awareness talk were conducted in various Delhi Government schools. The aim of the event was to educate students about the importance of

maintaining good oral hygiene practices and to promote awareness of oral health.

- The program was conducted in SKV Laxmi Nagar. Educational materials such as brochures, posters, and visual aids were prepared in collaboration with dental professionals. These materials contained information on proper tooth brushing techniques, oral health tips, and the importance of regular dental check-ups. **Dr. Neha Gangil (Dental Surgeon)** visited the selected school to conduct interactive tooth brushing

demonstrations. The students were shown the correct way to brush their teeth, including the proper technique,



duration, and use of fluoride toothpaste.

Oral Health Awareness Talk:

- Following the tooth brushing demonstration, an oral health awareness talk was also delivered.
- The talk covered topics such as the importance of oral hygiene, the role of a balanced diet in maintaining oral health, and the impact of oral health on overall well-being. **A question and answer session was held to address any queries or concerns raised by the students.**

Distribution of Oral Health kit:

Brochures, posters, and visual aids were distributed to students, teachers, and school administrators along with Oral health kit



- These materials served as a reference for students to reinforce the knowledge gained during the tooth brushing demonstration and oral health talk.

Conclusion: The tooth brushing demonstration and oral health awareness talk conducted in Delhi Government school on the occasion of World Oral Health Day was highly successful in promoting oral hygiene practices and creating awareness among students. The event provided valuable knowledge on proper tooth brushing techniques and highlighted the importance of maintaining good oral health.

4. Organized **Quiz competition in 03 Delhi Govt. Dispensaries:**

On the occasion of World Oral Health Day, a quiz competition was organized at three Delhi Government Dispensaries to promote awareness about oral health and hygiene. The event aimed to engage and educate the community about the importance of maintaining good oral hygiene practices. The competition witnessed enthusiastic participation from individuals of all age groups, fostering a sense of learning and interaction among the participants.



The quiz competition was held at three Delhi Government Dispensaries, namely DGD Sindhora Kalan, Aam Admi Polyclinic, Kantinagar, DGD Seelampur. The event was organized by Dr.

Girish Sharma (Dental Surgeon) in collaboration with staff members of the dispensaries. It attracted a significant number of participants, including patients and local residents. The quiz competition was structured as a team-based event, with each team comprising four participants. The teams were formed through a random selection process to ensure fairness and inclusivity. The questions were designed to cover various aspects of oral health, including dental hygiene practices, common dental diseases, and preventive measures.



The competition consisted of multiple rounds, including preliminary, semi-final, and final rounds. The preliminary round featured a set of general health-related

questions to shortlist the teams for the subsequent rounds. The semi-final round tested the teams' knowledge on specific topics such as tooth decay, gum diseases, and oral care habits. The final round was a rapid-fire round that challenged the finalists' ability to answer questions quickly and accurately.

Participant Engagement The quiz competition witnessed active participation from individuals of all age groups, making it a vibrant and inclusive event. The participants displayed a keen interest in the subject matter and actively interacted with the quizmasters. The competition encouraged healthy competition, knowledge-sharing, and a sense of camaraderie among the participants.

Winners and Prizes After an intense competition, the top three teams were awarded prizes based on their performance. The winners were felicitated with oral care kits, and educational materials on oral health. The recognition and prizes served as incentives to promote awareness and motivate individuals to prioritize their oral health.

The quiz competition organized on the occasion of World Oral Health Day at three Delhi Government Dispensaries was a resounding success. It effectively promoted oral health

awareness among participants and the community at large. The event provided an opportunity for individuals to enhance their knowledge about oral hygiene practices while fostering a sense of healthy competition. Such initiatives play a crucial role in spreading awareness and encouraging individuals to take proactive measures for their oral well-being.



5. Organizing Nukkad Naatak by ASHA workers

A Nukkad Naatak was prepared by our team involving Dr. Swati Jain (Consultant), Dr. Shipra Arora (Dental Surgeon) and ASHA workers on the title **“ Apne muh par garv karen”** . Asha workers from DGD Kalkaji and Garhi participated.

The 10 minute skit demonstrated various myths and taboos related to oral health. Information regarding oral hygiene during various stages of life was also given. The Nukkad Naatak received lots of applaud from the audience and left long lasting influence in the minds.



Conclusion

World Oral Health Day serves as an important platform to raise awareness about oral health and hygiene on a global scale. Various events organized on this occasion have played a significant role in promoting oral health awareness, educating individuals about good oral hygiene practices, and encouraging proactive dental care. These events have brought together professionals, organizations, and communities to collectively address oral health challenges and work towards improving overall oral well-being.

Through events such as workshops, dental camps, free check-ups, and awareness campaigns, people have been empowered with knowledge about the importance of oral health and the impact it has on their overall well-being. These events have provided platforms for dental professionals, educators, and healthcare organizations to share information, provide guidance, and engage with communities to promote oral health habits and preventive measures.

Furthermore, these events have successfully targeted diverse audiences, including children, students, adults, and older adults, catering to their specific needs and concerns. By addressing age-specific oral health issues and highlighting the significance of early intervention, these events have contributed to creating a generation that values and practices good oral hygiene from a young age.

The events organized on World Oral Health Day have not only educated individuals about oral health but also emphasized the importance of regular dental check-ups, proper brushing techniques, flossing, and a balanced diet. By raising awareness about common dental problems such as tooth decay, gum diseases, and oral cancers, these events have

encouraged individuals to take proactive steps in preventing these conditions and seeking timely treatment.

Moreover, these events have fostered collaboration between dental professionals, healthcare institutions, government bodies, and community organizations. The collective efforts of these stakeholders have resulted in improved access to oral healthcare services, increased awareness about oral health policies, and the implementation of preventive measures in communities.

In conclusion, the events organized on the occasion of World Oral Health Day have played a crucial role in promoting oral health awareness, education, and preventive care. By engaging communities, providing valuable information, and fostering collaborations, these events have contributed to creating a society that prioritizes and maintains good oral health practices. Continued efforts and initiatives on World Oral Health Day will further strengthen the global movement towards achieving better oral health for all.