



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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NAVIGATING SUGAR ALTERNATIVES IN DIET FOR ORAL HEALTH AT SHREE BALLALESHWAR TEMPLE CENTRE, PALI

Date: 26th OCT, 2025

Venue: SHREE BALLALESHWAR TEMPLE CENTRE, PALI

Faculty: Dr. Kashmira Kadam, Dr. Pankaj Londhe

Organizing Agency: DEPARTMENT OF PUBLIC HEALTH DENTISTRY MGMDCH, NSS UNIT MGMDCH, SATYAM SUMIRAN YOGA RESEARCH.

Number of Students attended: 03

Oral health is a fundamental component of overall well-being, with dietary choices playing a crucial role in the prevention of dental conditions such as caries and periodontal disease. Among the most significant dietary contributors to oral health concerns is the consumption of sugar, which has long been associated with the development of cavities and other dental issues. In response to growing health concerns surrounding sugar intake, there has been a marked increase in the use of sugar alternatives, ranging from artificial sweeteners to natural substitutes and sugar alcohols. These alternatives are often perceived as safer options, offering sweetness without the adverse effects on oral health typically linked to conventional sugar. Recently, this initiative was extended at SHREE BALLALESHWAR TEMPLE, PALI to increase health awareness, sugar substitutes have become more important tool in maintaining good oral hygiene.

Aim and Objectives:

1. To educate the individuals about different types of sugar alternatives and their benefits compared to traditional sugar

2. To assess how the sugar substitute helps to prevent dental caries.
3. To encourage healthy dietary choices that support dental health.

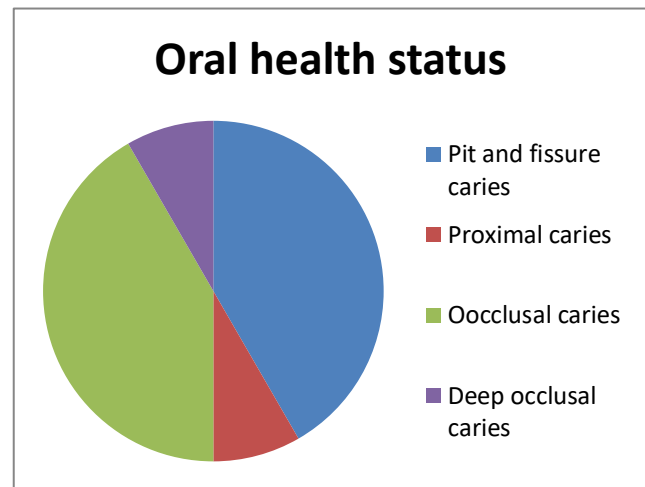
Method of Examination: Screening

An examination of the individual was conducted using tongue depressor and adequate illumination (Type IV examination) to assess their oral health status. Following the evaluation, the individuals were provided with information on how the sugar substitutes prevent the 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 individuals understood effective oral hygiene practices. The initiative also included discussions about the importance of sugar alternatives prevent the dental caries, regular dental checkups, followed by the benefits of fluoride to enhance the overall dental health of an individual.

Observations: A total of 08 individuals were examined for various dental problems. Among those Dental caries Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	05	50%
Missing caries	01	10%
Root piece	03	30%
Localized gingivitis	01	10%



Interpretation and conclusion:

Out of 08 individuals screened at the camp, dental caries was the most prevalent condition, affecting 50% of the total individuals. Root pieces were observed in 30% of individuals, missing teeth and localized gingivitis were in 10% of the individuals.

After examination, there is high prevalence of dental caries seen in individuals due to exposure of sugar. The individuals were encouraged to use sugar substitutes for early prevention of dental caries. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the individuals understood effective oral hygiene practices, followed by the benefits of fluoride to enhance the overall dental health of an individual.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

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List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Kashmira Kadam
2	Dr. Pankaj Londhe
Name of Interns& students	
3.	Anushka Harad
4.	Tanaya Pawaskar
5.	Prerna Pawar