



**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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DIET COUNSELLING IN DENTAL CAMPS AT SHREE NARAYAN BABA CHARITABLE TRUST

Date: 4th December 2025

Venue: SNBCT, New Panvel

Faculty Incharge: Dr. Swati Singh, Dr Aishwariya Patil

Organizing Agency: Department of Public Health Dentistry, MGMDCH, Shree Narayan Baba Charitable Trust

Number of Students attended: 4

Diet plays an important role in maintaining good oral health. The type and frequency of food consumed can directly affect the health of teeth and gums. Excessive intake of sugary and sticky foods increases the risk of dental problems such as Dental Caries and gum diseases like Gingivitis.

Dental camps are community-based programs organized to provide oral health education, screening, and preventive care to the public. Diet counselling during dental camps helps individuals understand the relationship between diet and oral health. It encourages people to adopt healthy eating habits that support strong teeth and healthy gums.

Providing diet counselling in dental camps is important for spreading awareness and preventing dental diseases, especially among children and people who may not regularly visit a dentist.

Aim and objective:

1. To promote good oral health by providing diet counselling to individuals attending the dental camp.
2. To create awareness about foods that increase the risk of tooth decay.
3. To encourage healthy eating habits that help prevent dental diseases.
4. To guide participants in reducing the intake of sugary and sticky foods.
5. To promote the consumption of nutritious foods beneficial for teeth and gums.

Method: Type III Examination -mouth mirror and probes used

The following methods were used to conduct diet counselling during the dental camp:

1. Health Education Session

Participants were given information about the relationship between diet and oral health.

2. Individual Counselling

People visiting the dental camp were individually counselled about their dietary habits and how these habits affect their teeth.

3. Demonstration and Visual Aids

Charts or posters were used to explain healthy and unhealthy food choices for dental health.

4. Question and Answer Session

Participants were encouraged to ask questions regarding diet and oral hygiene.

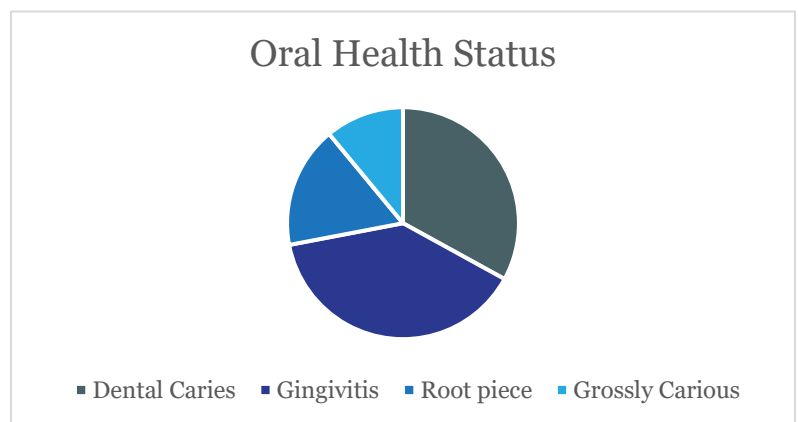
5. Dietary Advice

Suggestions were given to reduce sugary snacks, carbonated drinks, and sticky foods while increasing the intake of fruits, vegetables, and dairy products.

Observation:

1. Many participants frequently consumed sugary snacks, sweets, and soft drinks.
2. Some children had visible signs of tooth decay associated with **Dental Caries**.
3. A number of participants were unaware of the effect of diet on oral health.
4. Several individuals reported frequent snacking between meals.
5. A total of **18** patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	6	33
Gingivitis	7	39
Root piece	3	17
Grossly Carious	2	11



Interpretation and conclusion:

1. The observations indicate that a lack of awareness about the relationship between diet and oral health contributes to dental problems in the community. Frequent consumption of sugary foods and poor dietary habits increase the risk of tooth decay and gum diseases.

2. Diet counselling is an important preventive measure in dental camps. Educating people about healthy dietary practices can help reduce the risk of dental diseases such as **Dental Caries** and **Gingivitis**.



Oral examination at the camp site

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Aishwarya patil
Name of Interns & students	
3	Shantanu Kurle
4.	Rajni kokate
5.	Gauri Khadkikar
6.	Gauri Khaire