

A HAPPY MOUTH IS A HAPPY BODY

WORLD ORAL HEALTH DAY REPORT 2024



**World Oral
Health Day**

20 MARCH



**MAULANA AZAD INSTITUTE OF DENTAL
SCIENCES, NEW DELHI
(UNDER GNCT OF DELHI)**

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Program Overview and Summary

List of Activities as Per Guidelines of NOHP, MoHFW, GoI (Order Number- FTS 8212615, Dated- 29/02/2024)

| S.No. | Activities Suggested | Activities done by MAIDS | Number of Activities |
|-------|---|---|----------------------|
| 1. | IEC material and banner displaying the oral health awareness month in prominent places. | <input checked="" type="checkbox"/> <ul style="list-style-type: none">• Poster• Banner• Video• Oral Health Exhibition• Puppet Show | 10 |
| 2. | A public event like a walkathon/marathon, rahagiri, cycle rally, rally, public tooth brushing, public lectures, school teachers' training, health workers' training etc. to mark the event and sensitize the public | <input checked="" type="checkbox"/> <ul style="list-style-type: none">• Walkathon- Health Awareness Rally• Oral Health Education Sessions• NTCP training for MCD Health Inspectors• Sensitization session for BDS Students | 11 |
| 3. | Pledge Ceremony by oral health professionals for promoting good oral health for all and creating oral health awareness. | <input checked="" type="checkbox"/> <ul style="list-style-type: none">• Pledge Ceremony by Dental Surgeons | 01 |
| 3. | Pledge Ceremony for the public and patients for taking care of oral health | <input checked="" type="checkbox"/> <ul style="list-style-type: none">• Brush Up Pledge by Patients | 08 |
| 4. | Quiz, slogan writing, reel, meme, chart, painting, short film-making competitions. | <input checked="" type="checkbox"/> <ul style="list-style-type: none">• Mini Video Competition | 03 |

| | | | |
|----|--|--|----|
| | | <ul style="list-style-type: none"> • Instagram reel Competition • Quiz Competition for Patients | |
| 5. | Social Media coverage (Instagram, Facebook, Twitter, LinkedIn, Institutional Website) | <input checked="" type="checkbox"/> (Instagram, Facebook, Twitter, LinkedIn, Institutional Website) | 05 |
| 6. | Radio/TV campaign/newspaper article/talk shows/street dramas/flash mob to spread awareness regarding oral health | <input checked="" type="checkbox"/> <ul style="list-style-type: none"> • DD News • All India Radio Talk | 03 |
| 7. | Interactions with the community leaders to create awareness | <input checked="" type="checkbox"/> <ul style="list-style-type: none"> • ASHA workers Training • Orientation Workshop for Civil Dental Surgeons, District Nodal Officers and Medical Officers | 02 |
| 8. | Oral health examinations/Awareness camps at prominent public places e.g. bus stands, railway stations etc. and identified workplaces to make the public aware. | <input checked="" type="checkbox"/> | 05 |
| 9. | Screening and treatment camps in Anganwadi centres, Pre-Schools, and Schools along with demonstration of adequate methods of tooth brushing, mass brushing and distribution of oral hygiene packs. | <input checked="" type="checkbox"/> | 15 |

| | | | |
|-----|--|---|----|
| | | | |
| 10. | Special camps for screening and treating oral diseases in vulnerable populations. E.g. old age homes, special children, underprivileged populations in urban slums, orphanages, rural remote areas and tribal areas. | <input checked="" type="checkbox"/> <ul style="list-style-type: none"> • Rural Health Training Centre (RHTC), Barwala • Dental screening and awareness at Child Development Centre • Awareness camp at Department of Gynaecology | 10 |
| 11. | Pit and fissure sealant and fluoride varnish application drive in the facility and the community. | <input checked="" type="checkbox"/> | 14 |
| 12. | Continuing Dental Education Programme and training of dentists, nurses and para-dental/ medical professionals. | <input checked="" type="checkbox"/> <p>Capacity Building and Training Program – Nursing Professionals</p> | 01 |

INTRODUCTION

Oral diseases are a major health concern for many countries. They negatively impact people throughout their lives. They lead to pain, discomfort, social isolation, and loss of self-confidence, as well as are often linked to other serious health issues. Even though, there is no reason to suffer as most oral health conditions are largely preventable and can be treated in their early stages. Thus, World Oral Health Day aims to empower people with the knowledge, tools, and confidence to secure good oral health.

Every year on March 20, people all over the world observe World Oral Health Day with the main goal of raising awareness of the importance of oral health. The purpose of observing this day is to urge people to practice good oral hygiene, care for their teeth, and to educate them on how to avoid dental issues



The theme for 2024 world oral health day is “A Happy Mouth is A Happy Body”. It has been the as part of a campaign launched by the World Dental Federation (FDI).



GENESIS OF WORLD ORAL HEALTH MONTH-2024

The event started with directives/instructions from the government of India, where it was made mandatory for every dental institute to celebrate World Oral Health Day (WOHD) on 20th March, 2023 in collaboration with the Dental Council of India and the Government of India. The institutes were requested to observe WOHD 2024 by planning oral health promotion and prevention activities for all age groups preferably for a month around 20th March, 2024



मौलाना आजाद दंत विज्ञान संस्थान

नई दिल्ली

सामुदायिक दंत चिकित्सा विभाग


विश्व मौखिक स्वास्थ्य दिवस

20 वीं मार्च



“बेहतर दाँत, बेहतर स्वास्थ्य”
मुस्कान के साथ जीवन हमेशा बेहतर होता है


पार्क विवरण: कमरा नंबर 504, 5वीं मंजिल, सार्वजनिक स्वास्थ्य दंत चिकित्सा विभाग, एमएआईडीएस, नई दिल्ली
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Maulana Azad Institute of Dental Sciences


Department of Public Health Dentistry

*In this festive season let your life be colorful ,
but not your teeth.*



Your mouth is the gateway to your body

Dental problems can lead to various health problems



For Better Oral Health:

- Brush twice daily using fluoridated tooth paste
- Rinse after every meals & floss daily
- Have a healthy diet
- Say no to tobacco & alcohol
- Regular dental check up

A Happy Mouth Is A Happy Body

World Oral Health Day
20th March

Among the midst of Holi colors , let your teeth shine the most



PATIENT RELATED ACTIVITIES

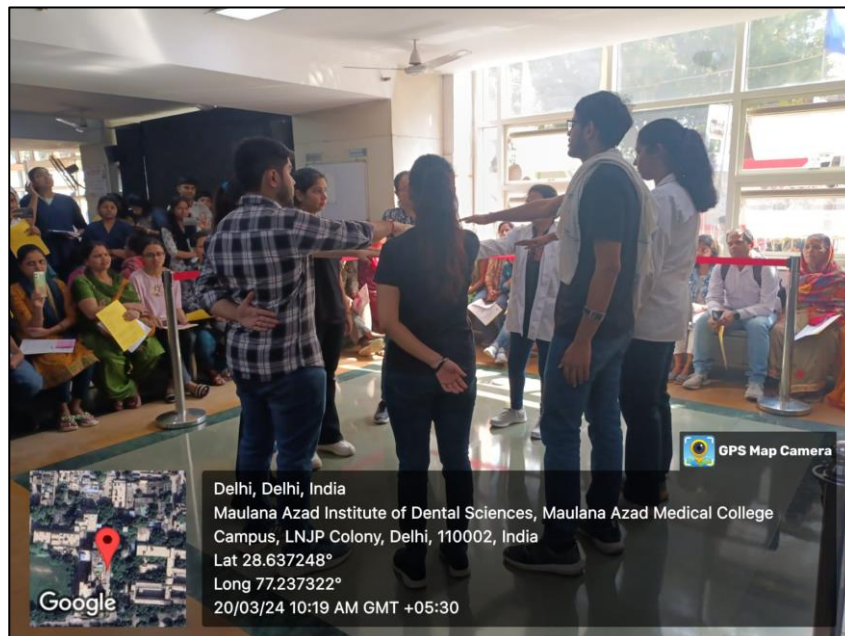
ACTIVITIES AT THE PATIENT LEVEL

1. Role Play by Interns and Post Graduate students

Students of MAIDS performed multiple sessions of role play simulating real life situation in a child's life and gave awareness on Importance of oral health in children and motivating both parents and kids in a fun way on **Oral Health and Tobacco Cessation**.



Role-Play performed by students of MAIDS on “Importance of tooth brushing and regular oral hygiene practices”



Street play was performed by students in the premises of MAIDS

2. Oral Health Exhibition

An Oral Health Exhibition with an organized presentation and display of **informative oral health models and educational posters on oral hygiene practices, common oral diseases and preventive treatment modalities** was set up in the reception area of MAIDS. Exhibition was an effective visual education method which enabled an interactive doubt clearing session with the patients.



3. Oral Health Education

According to WHO, health education is the corner stone in the prevention and management of noncommunicable diseases. Oral Health education sessions were conducted in patient waiting area of MAIDS regarding Oral Hygiene Practices, Common oral health problems like Dental Caries, Periodontitis and oral problems associated with increasing age with the aid of relevant informative posters and banners. The health education sessions were given by the Post Graduate students and interns of Department of Public Health Dentistry, MAIDS regularly as a part of WOHD programme. Demonstration of tooth brushing technique was given with the aid of QR Code generated specifically by students of MAIDS.



Health Education and Oral Hygiene instructions being given to patients on “Importance of tooth brushing and regular oral hygiene practices”



Health Education sessions and IEC material display being given to patients



INSTITUTION LEVEL ACTIVITIES

ACTIVITIES AT THE INSTITUTIONAL LEVEL

1. Training and Capacity Building of Nursing Professionals in Oral Health and Tobacco Cessation

Nurses are two-thirds of health workforce in India. Their central roles in health care delivery in terms of promotion, prevention, treatment, care and rehabilitation are highly significant. In this regard, Team National Resource Centre for Oral Health and Tobacco Cessation (NRC-OH-TC) organised training session for all the nursing staff in the institute. Nearly 25 nursing staff enthusiastically attended the training sessions.





Team PHD MAIDS, NHM and NRC conducted training of Nursing Professionals of MAIDS

2. Intra-College Competitions for student

Various competitions such as Instagram reels, and Mini Video Competition were conducted for students and staff of the institute on the occasion of World Oral Health Day with an eye to inculcate oral health awareness amongst students and staff.



Various Intra-college competitions conducted on WOHD, 2024

3. Sensitization session for BDS Students

Sensitisation session was organised by Prof. Vikrant Mohanty among final year BDS students on how the World Health Day theme “My Health, My Right” applies to healthcare professional students and path ahead.



Orientation lecture being conducted for BDS Students

4. Release of Compliance Report of Tobacco Control Laws Among Guru Gobind Singh Indraprastha University

On 9th April, 2024, Maulana Azad Institute of Dental Sciences, New Delhi in collaboration with Guru Gobind Singh Indraprastha University (GGSIPU) conducted an Oral Health Awareness and Dental treatment Camp at GGSIPU campus, Dwarka. The event organised to mark the release of the **University Tobacco Control Compliance Report** by **Dr. Mahesh Verma, Vice Chancellor, GGSIPU**. The comprehensive survey was conducted by **Dr. Radhika Gupta** (Research Officer), under the **Guide Dr. Vikrant Mohanty** (Professor and Head) and **Co-Guide Dr. Aswini Y. B.** (Professor) from **Department of Public Health Dentistry, Maulana Azad Institute of Dental Sciences** to analyse the compliance of Tobacco Control Laws (COTPA Section 4,5 and 6) among 60 Institutes affiliated by GGSIPU. This collaborative partnership between MAIDS and GGSIPU reflects a shared commitment to advancing Public Health Objective and fostering Tobacco Free Generation.



Release of Compliance Report of Tobacco Control Laws Among GGSIPU

5. Orientation Workshop for Civil Assistant Dental Surgeons, District Nodal Officers and Medical Officers

Orientation workshop for Civil Assistant Dental Surgeons, District Nodal Officers and Medical Officer was organised by Team Mobile Dental Clinic Project. The Chief Guest of the Event was Dr. Arundeeep Kaur Lamba maam, Director-Principal, MAIDS. Dr. Sanjay Singh, State Program Officer, NOHP commended the work of the teamwork and leadership at the Institute. Dr. Ankita Piplani, National Consultant, NOHP, MOHFW apprised regarding various activities and achievements of the program across the country. Dr. Vikrant Mohanty, who gave an overview of the journey of mobile dental clinics. Taking the discussions further Dr. Aswini Y B apprised the delegates regarding teamwork and national resource centre of oral health and tobacco cessation. Dr. Swati Jain enlighten the gathering regarding the core components of integration of oral health and general health with case studies across the world. Dr. Romshi Raina sensitised about tobacco cessation and role of dentists. The presentations were followed by intense discussions on the challenges and solutions to implementation of NOHP in Delhi. The sessions were moderated by Dr. Sanjay and Dr. Vikrant. The whole program was coordinated by Dr. Shipra Arora, Dr. Neha Singh, Dr. Neha Gangil, Dr. Deepak Verma, Dr. Annudeep Bajaj Dr. Manoj Saboo and Dr. Nishtha Saini along with all mobile clinic support staff. One of the best ice breaking sessions that Delhi has seen in recent times towards promoting oral healthcare and expanding its capacity. Kudos to MAIDS to have spearheaded this sincere effort.





Orientation Workshop for Civil Assistant Dental Surgeons, District Nodal Officers and Medical Officers



COMMUNITY LEVEL ACTIVITIES

ACTIVITIES AT THE COMMUNITY LEVEL

1. Dental Camps

Team PHD-MAIDS, NRC-OH-TC and NHM, MAIDS reached out and conducted 10 dental screening camps in various parts of Delhi, as part of the WOHD celebration.

TABLE 1- Summary table of Oral Health Screening Camps conducted among Schools during WOHD month

| S.no. | Dental Screening and Tobacco Awareness Camp | No. of Patients Screened |
|-------|--|--------------------------|
| 1. | In collaboration with Department of Science and Technology | 59 |
| 2. | Kilkari Rainbow NGO, Kashmere Gate | 80 |
| 3. | NCC, Okhla | 168 |
| 4. | Rural Health Training Centre (RHTC), Barwala | 79 |
| 5. | Awareness Camp on Oral Health and Tobacco Related Issues | 130 |
| 6. | Dental screening and awareness at Child Development Centre | 50 |
| 7. | Awareness camp at Department of Gynaecology | 100 |

TABLE 2- Summary table of Oral Health Screening Camps at Dispensaries during WOHD month

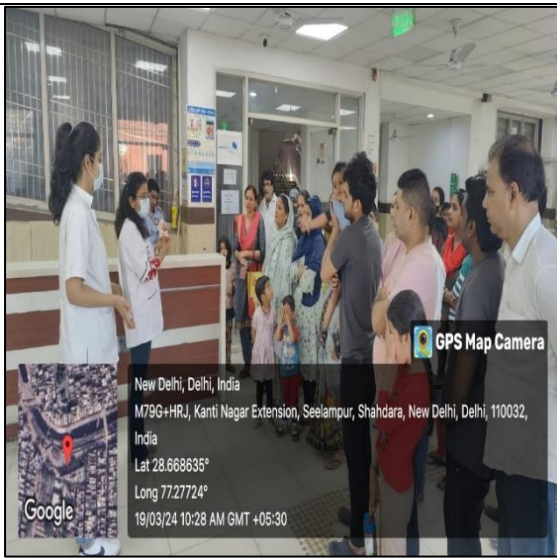
| S.no. | Dental Screening Camp | No. of Patients Screened |
|-------|--|--------------------------|
| 1. | Bharampuri Dispensary & Satyanarayana Bhavan, Muncipal Councilor . | 135 |
| 2. | DGD Mayurvihar Phase-3 dispensary | 144 |
| 3. | Kantinagar Polyclinic | 102 |



Dental Screening Camp being conducted at Bharampuri Dispensary and Satyanarayana Bhavan



Dental Screening Camp conducted at DGD Mayur Vihar Phase-3 dispensary



Dental Screening Camp being carried out at Kantinagar Polyclinic



Dental Screening Camp being carried out at Kilkari Rainbow Home, Kashmere Gate, Delhi



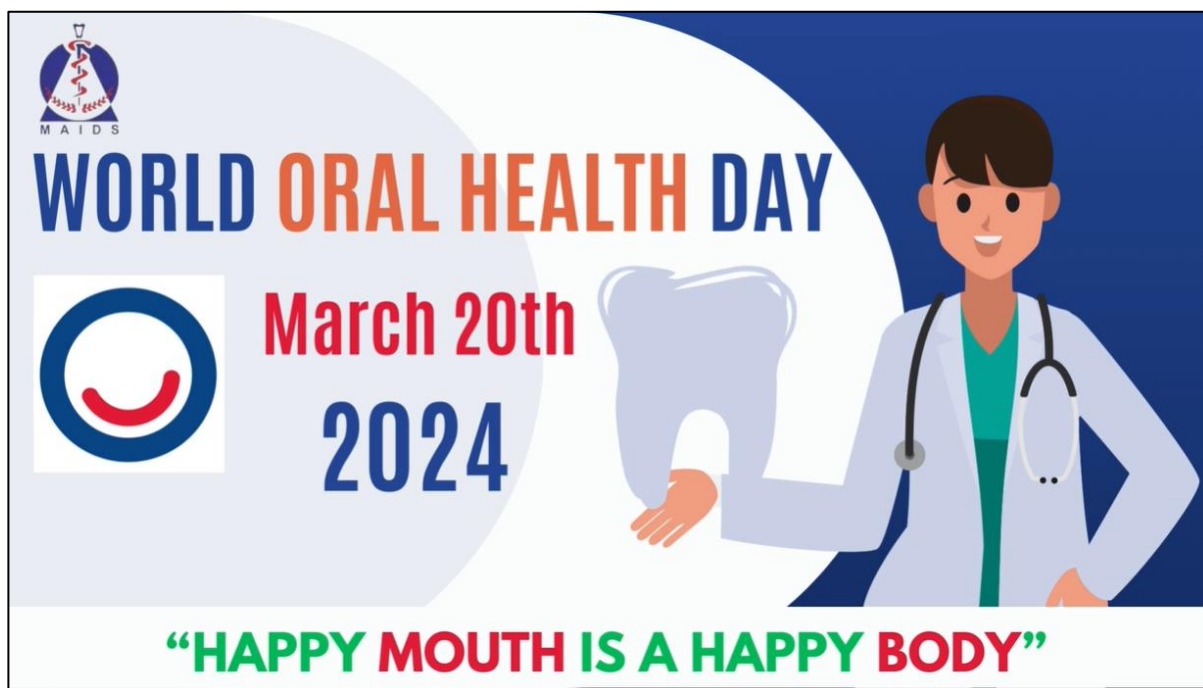
Dental Screening Camp being carried out at NCC, Okhla



Awareness and treatment Camp on Oral Health and Tobacco Related Issues, GGSIPU Dwarka

2. Videos to promote Oral Health awareness in the community

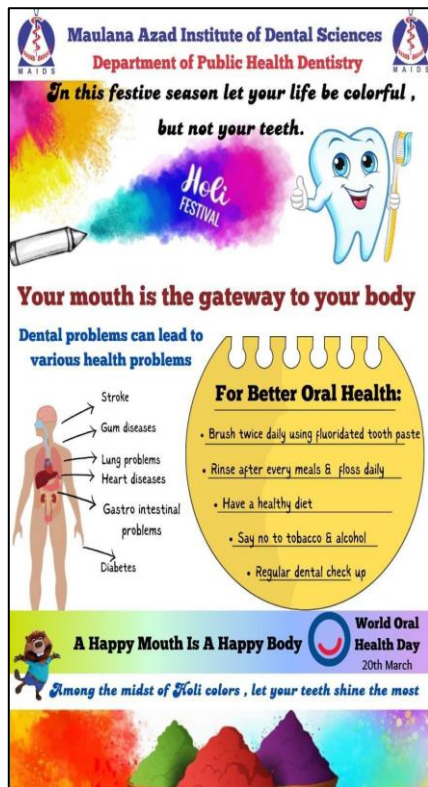
Video was made to spread oral health awareness amongst the population on the occasion of WOHD. They primarily aimed to focus on common oral health problems and how it is linked with general health, various risk factors and strategies for prevention and treatment. The video was made by the Department of Public Health Dentistry.



A Health Education Video developed on WOHD theme “A Happy Mouth is a Happy Body”

3. Social Media posts

Social media encompasses computer-mediated technologies that facilitate the creation and sharing of information, ideas, and other forms of expression via virtual communities and networks. We as an institute have been actively spreading awareness about the importance of oral health through our social media accounts. All activities conducted in the institute on the occasion of world oral health month have been actively posted on Facebook and Instagram accounts to help people not only understand the significance of world oral health day but also to explain them the importance of oral health.



Social Media posts being released on various platforms on the occasion of WOHD

4. ASHA TRAINING SESSION

Accredited Social Health Activist (ASHA) is a trained female community health activist. Selected from the community itself and accountable to it, the ASHA will be trained to work as an interface between the community and the public health system. In this regard, a training was organised for ASHA and ANM workers regarding Oral health and hygiene. A total of 20 ASHA and ANM workers were screened and trained at Mayur Vihar Phase -3, East Delhi.



A training session being conducted for ASHA workers in Mayur Vihar Dispensary

5. QUIZ COMPETITION FOR THE PATIENTS

A Quiz Competitions were organized along with the distribution of tooth brushes and tooth paste to all the winners at **Satyanarayana Bhavan, Muncipal Councilor**. Another Quiz was conducted at **Mayur Vihar Phase -3 Dispensary** for Asha workers , ANMs and the regular patients and also at **Kanti Nagar polyclinic**. **Posters and Pamphlets** were also distributed to patients.



A Quiz Competition being organised for patients

6. “Mohit’s Tobacco Toll: Spreading Awareness, Saving Lives”– Puppet Show

The students of MAIDS conducted a puppet show on **Tobacco and its impact** which is the leading cause of preventable disease and death. Creating awareness and assisting public health with impact of tobacco are one of the most important duties of dental professionals and the benefits of regular awareness and motivation are well established. The students of MAIDS conducted a puppet show on “**The harmful effects and importance of quitting tobacco**”. The activity nailed great public attention and good feedback.



Patient Dental Awareness Puppet Show on “The harmful effects and importance of quitting tobacco”

7. Feedback Response of the Videos

Around **110 Feedback forms** has been filled by the Patients at various locations along with the **short videos and reels** showing Oral Hygiene Instructions and Brushing Technique demonstration.



**Video feedback demonstrating oral hygiene instructions being given at
Delhi Council for Child Welfare, Trilokpuri**



**Video feedback demonstrating oral hygiene instructions being given at
Delhi Council for Child Welfare, Qudsia Bagh centre**

8. MAIDS in Media

On the occasion of World Oral Health Day, various professionals from the MAIDS family, including faculty members, **participated in TV show and All India Radio** to raise awareness about oral health issues.

A Live (Phone-in) show on DD News Channel and “Radio-Doctor” was aired on Akashvani FM Rainbow 102.6 discussing the topic of Oral Healthcare -Facts and Myths.” The show aimed to educate and inform listeners about essential aspects of oral Health dispelling common misconceptions and promoting evidence-based practices for maintain good oral hygiene.



A live Show on DD News discussing facts about oral health on the occasion of WOHD

RADIO DOCTOR
On 1st April, 2024 at 3:00 pm

**Oral Care-
Facts & Myths**

Send your queries on
WhatsApp number:
9868107070
Or Call
011-23421080 / 011-23421084

Producer: Shalini Mittal **DR. Vikrant Mohanty**
Prof & Head (Maulana Azad
Institute of Dental Sciences)
New Delhi

On Akashvani Rainbow & Live Streaming on NewsOnAir app

A live “Radio Talk Show” was aired on Akashvani FM Rainbow 102.6 on the occasion of WOHD on Oral Healthcare

RADIO DOCTOR
On 20th March, 2024 at 3:00 pm

**A HAPPY MOUTH IS
.... A HAPPY BODY**

Send your queries on
WhatsApp: 9868107070
Or Call 011-23421080 / 23421084

Dr. Sunita Gupta
Head, Oral medicine & Radiology,
Maulana Azad Institute of Dental
Sciences, New Delhi

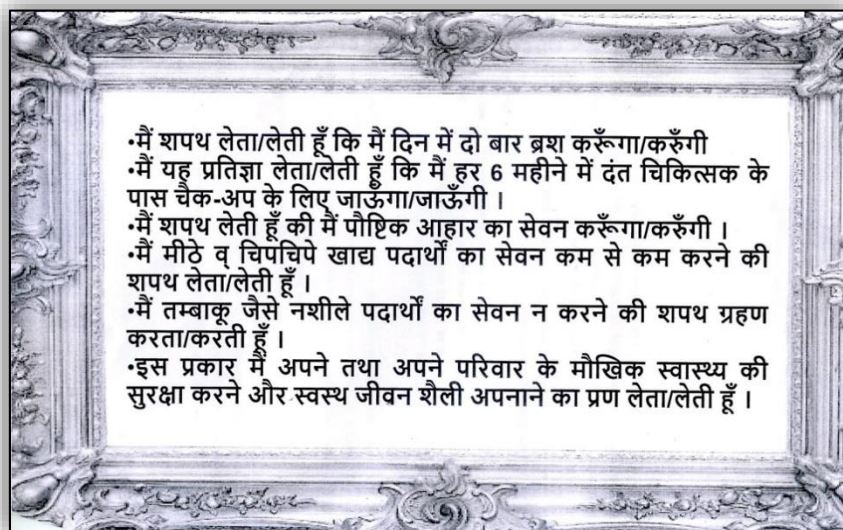
Producer- Shalini Mittal

Search inside image (102.6 MHz) & Live Streaming on
NewsOnAir app

A live “Radio Talk Show” was aired on Akashvani FM Rainbow 102.6 on the occasion of WOHD

9. Brush Up Pledge

As a part of World Oral Health Day celebration on the “A happy Mouth is a Happy Body” a ‘Brush -up’ pledge was taken by the patients and Dental Professionals to maintain good oral hygiene practices.



Brush up Pledge Conducted in the OPD areas of various departments



Brush up Pledge Conducted in the OPD areas of various departments

10. NTCP training

On occasion of WOHD 2024, Team NRC-OH-TC, MAIDS in collaboration with National Tobacco Control Programme conducted a training session for MCD Health Inspectors. The session was conducted on Tobacco Burden and its effect on Oral Health on 22-12-2023 at MCD Office, Green Park.

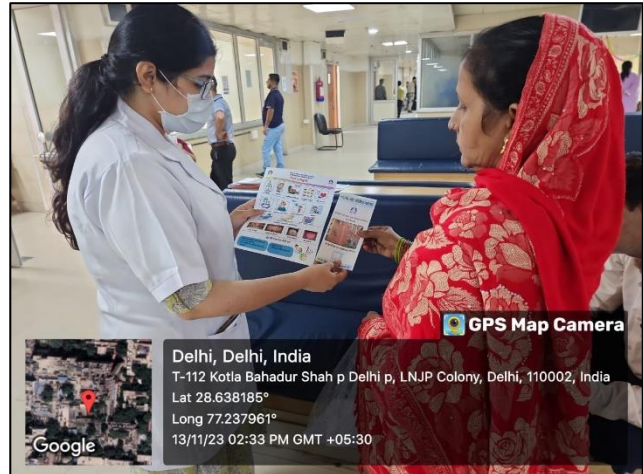




NTCP training was given on “Tobacco Burden and its effect on Oral Health”

11. IEC Distribution

Dental screening and health Education session on various topics on a daily basis was carried and also Pamphlet distribution was done at Diabetes Clinic, Lok Nayak Hospital, New Delhi. Patients were engaged in various activity like OR code scanning.



Pamphlet distribution and OR code scanning being carried out at Diabetes Clinic, Lok Nayak Hospital

12. Walkathon- Health Awareness Rally

A Health Awareness Rally observing World Health Day was carried focusing on having access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination. This year the theme for World Health Day 2024 is “My Health, My Right”. The Walkathon was done on 8 th April, 2024 2023 at 10:30AM, in Institute premises.



A Health Education Rally was held on the occasion of World Health Day 2024

CHIEF PATRON

DR. ARUNDEEP KAUR LAMBA
DIRECTOR-PRINCIPAL

CONTRIBUTORS

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THANK YOU