



REPORT

Event Category : Fit India Youth Club & National Sports Organization (NSO)

Event : Health Check Up: Dental Hygiene

Convener : Mr. Nitin Yadav

Date : 12th April, 2023

Day : Wednesday

Time : 09:00 AM-12:00 PM

Venue : Multipurpose Hall, PG Building, TIAS

Participants : Students of Tecnia Institute of Advanced Studies, Rukmini Devi Institute of Advanced Studies, Gitarattan Institute of Advanced Studies & Training, Ashtavakra Institute of Rehabilitation Sciences & Research, RWA members

Type of Activity : Outreach Activity.



राष्ट्रीय सेवा योजना
National Service Scheme
युवा कार्यक्रम और खेल मंत्रालय
Ministry of Youth Affairs and Sports
भारत सरकार
Government of India

**NATIONAL SPORTS ORGANISATION (NSO)
Organizing**

Health Check Up

Theme: Dental Hygiene

Date: 12th April 2023, Wednesday

Timing: 09:00 A.M. to 12:00 P.M.

Venue: MPH Hall PG Building, TIAS



Dr. Sarika Jain
Sr. Dental Surgeon



Student Coordinator
Kunal: 7827377223

Nodal Officer
Mr. Nitin Yadav
(FIYC, NSO)

Nodal Officer
Mr. Piyush Kumar (NSS)



Learning Objectives

- To explain the importance of maintaining dental hygiene to students.
- To aware the students about Different types of dental problems
- To provide knowledge of Dental hygiene.
- To educate the students regarding Different ways of maintaining dental health.
- To help the students in dealing with the issues such as Tooth Decay, Gum Gingivitis, Bad Breath, Sensitive Teeth, Cracked or Broken Teeth, Receding Gums, Root Infection, Enamel Erosion etc.



Tecnia Institute of Advanced Studies PG Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, 110085, India

Latitude
28.70554802749962°

Longitude
77.13041548061496°

Local 09:35:57 AM
GMT 04:05:57 AM

Altitude 219 meters
Wednesday, 12.04.2023

Dr. Sarika Jain interacting with the students during the session.



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Inaugural Session:

The camp started with an inaugural speech by Dr.Sarika Jain, Senior Dental Surgeon. She started the session stating that we all want healthy teeth and gums for a winning smile, fresh breath, and a boost in our confidence level. About half of adults have or have had halitosis (aka bad breath)? It is one of the most common dental problems and also one of the most treatable.

She highlighted some common dental problems and treatment options for each one which are mentioned as follows:

1. Tooth Decay

Tooth decay is also known as dental caries or dental cavities. It is the most common dental problem that dentists see in patients.

You can help to prevent tooth decay with regular (twice daily) brushing and flossing. Also, get regular checkups from your dentist to have the plaque scraped from your teeth.

2. Gum Disease

Gingivitis is the early stage and mild form of gum or periodontal disease. It is important to note that gingivitis can be painless and as such, you may not notice it. This makes regular dental checkups a good idea. Gingivitis can be treated by a thorough cleaning from your dental health professional. To prevent it from coming back, you will have to practice twice-daily brushing and flossing.

Periodontitis

Left untreated, gingivitis can become a more severe form of gum disease called periodontitis.

Dental care for periodontitis includes topical antibiotics to treat the infection or a referral to a periodontist – a gum disease specialist.

3. Bad Breath

Bad breath or halitosis is one of the most common dental problems. It is also among the most distressing. Bad breath can be caused by several different factors, including:

Poor oral hygiene, Dry mouth, Medication, Infection, Acid reflux, Cancer

One or more of the foods you eat could also be the cause of your halitosis. Spices such as garlic and onion are common culprits. Because the causes of bad breath are so varied, your dentist will do a complete assessment and prescribe a course of action that best suits your case.

4. Sensitive Teeth

Your teeth become sensitive to hot and cold foods and drinks when the enamel is worn away and the dentin is exposed. The dentin has tubes that lead to the nerve deeper inside the tooth. Hot or cold substances can travel along the tubes to the nerve and cause intense pain.

Tooth sensitivity, also known as dentin hypersensitivity, can be caused by tooth decay. Other possible causes include: Gum disease, Root infection, a cracked or broken tooth, Worn-down crown or fillings, Enamel erosion, Receding gums.

You could also have sensitive teeth because the enamel layer of your teeth is naturally thin.

There are kinds of toothpaste and mouthwashes meant specifically for use with sensitive teeth.

Your dentist might also recommend a fluoride treatment, crown, gum graft, or a root canal. The chosen treatment depends on the severity of your case.

5. Cracked or Broken Teeth

Cracked or broken teeth are most often caused by:

Injury, chewing hard foods, Mouth piercings, Grinding of teeth while you sleep

A cracked or broken tooth can cause you a lot of pain, depending on the extent of the damage. Regardless of how bad you think the crack or chip is, you should have it examined and treated by a dentist as soon as possible. Options for fixing this dental problem include a veneer, crown, or the use of tooth-colored filling.

6. Receding Gums

Receding gums can be caused by and can lead to other common dental problems. The condition can also lead to more serious issues, such as losing a tooth. This is because the condition exposes the delicate root of the tooth, making it susceptible to damage. Receding gums can be caused by a range of factors, including: Poor oral hygiene, brushing your teeth too hard, High blood pressure, Hormonal fluctuations in women, Smoking etc.

Your receding gums might also be genetic, that is, the condition runs in your family. Dental care for receding gums includes a thorough cleaning of your teeth by a dental professional. You may also be shown proper brushing techniques. Severe cases may need to be treated with a gum graft or other form of surgery.

7. Root Infection

The base or root of your tooth can become infected and swollen with bacteria. This most often happens because of cavities, cracks, or fractures in the tooth. Root infection can lead to damaged tissues and nerves of the tooth, and eventually to the development of abscesses. A chronic (long-lasting and persistent) throbbing toothache is one sure sign of root infection. Both chewing and biting will be painful and the part of your mouth where the infection is will be very sensitive to hot and cold food and drinks. In some cases, the area of the face around the infection also becomes swollen. A root infection is treated by a root canal. And, although many of us cringe in fear at the thought of having a root canal performed, the procedure is actually very safe with minimal pain since dentists use anesthetic while performing root canals.

8. Enamel Erosion

Enamel erosion is a condition that develops very slowly and leaves teeth both discolored and rounded-looking. Its primary cause is consuming plenty of sugary and acidic foods such as soda and sweets over a long period of time. A rare cause is brushing your teeth too often, too hard, and too long. Enamel erosion leads to teeth that are very sensitive, weaker, and more susceptible to cracks, chips, and cupping. The lost enamel cannot be restored on teeth that have suffered enamel erosion. However, you can greatly reduce any further enamel erosion by cutting back on sugary and acidic foods. Using toothbrushes with softer bristles helps, too. You can also greatly improve the appearance of your teeth with dental veneers.

9. Dry Mouth

Anyone can be affected by dry mouth. It is not a natural part of aging but it is more common among the elderly. Causes of dry mouth include cancer treatments, salivary gland disease, nerve damage, and diabetes. HIV/AIDs and certain medications can also bring on dry mouth and dry throat. You can relieve dry mouth and dry throat by taking sips of water throughout the day. You should also avoid substances that are known to be drying. These include alcohol, tobacco, caffeine, and sweets.

10. Teeth Grinding

Bruxism is the dental term for when you grind your teeth. Grinding most often occurs while you sleep but can also happen while you are awake. It can damage your teeth, cause you to develop jaw pain, and might even lead to headaches and earaches.

Some dental conditions can lead to grinding. These include:

A new filling or crown that is higher than your other teeth

An abnormal bite

Some persons suffer from bruxism when they have a sleep disorder, are stressed, or are dealing with anxiety. Treating these underlying issues could help to ease or stop your grinding.

Just after the interactive session, Dr. Sarika and her team of experts started checking up the students and members of RWAs'

Glimpses of the camp are: The vote of thanks was given by Mr.Nitin Yadav convener of the workshop. Expressing his gratitude he thanked Mr. Kunal Chaturvedi (Student Coordinator), BBA Student and Dr M N Jha, Dean, TIAS for their support and timely presence. He also thanked Dr. Ajay Kumar, Director, TIAS for his support and confidence in him for giving the move ahead.

Learning Outcome:

The learning outcomes from the Health Check Up on Dental Hygiene are:

1. The students learnt about the different ways which would help them in dealing with the issues such as Tooth Decay, Gum Gingivitis, Bad Breath, Sensitive Teeth, Cracked or Broken Teeth, Receding Gums, Root Infection, Enamel Erosion etc.
2. The student participants got different tips on how to take care of dental health and maintain dental hygiene.
3. The camp concludes with a note on the promise from both the sides that these kind of camps will be continued in the times to come.

Following are the geotag photos of students and members of RWAs' undergoing check up by Dr. Sarika and her team of experts





Students undergoing check up by Dr. Sarika and her team of experts



Student undergoing check up by Dr. Sarika and her team of experts



Member of RWA undergoing check up by Dr. Sarika's team of experts



Member of RWA undergoing check up by Dr. Sarika's team of experts




Member of RWA undergoing check up by Dr. Sarika's team of experts





Member of RWA undergoing check up by Dr. Sarika and her team of experts

LIST OF PARTICIPANTS



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Date: 12/04/23 Department: FIT INDIA Time: 9 AM Venue: MPH
 Committee: _____ Chair: MR. NITIN VARMA Subject: Health Check UP DENTAL HYGIENE

Agenda Points: 1. To explain the importance of maintaining dental hygiene.
2. To aware students about different types of dental problems.
3. To provide knowledge of dental hygiene.
4. To hold conduct check up for students & faculties.

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