



TEACHER'S DAY (WEEK) CELEBRATION

Department of Pediatric and Preventive
Dentistry, Vydehi Institute of Dental Sciences and
Research Centre, Bengaluru

Teacher's Day (Week) Celebration - Program Report

Department of Pediatric and Preventive Dentistry, Vydehi Institute of Dental Sciences and Research Centre, Bengaluru.

5th September 2021 - Onwards.

"School Education programmes will enable children to make decisions about oral health regarding their own children in the future or even their community."- Frazier and Horowitz.

Dental Health Education that aims at prevention, is a cost-effective method of promoting oral health and with an environment conducive to learning and reinforcement, schools have emerged as the most practical and logical setting to implement dental health education programmes. According to the **WHO**, schoolteachers occupy a privileged position as deliverers of dental health education. The daily influence exerted by schoolteachers and the close relationship built in classrooms with children, allows teachers to individualise information to suit each child. Dental Professionals working closely with schoolteachers can augment and reinforce oral health concepts and practices of school children.

In recognition of the valuable role played by schoolteachers in Primary Preventive School Dental Health programmes (PPSDHP), the Department of Pediatric and Preventive Dentistry, Vydehi Institute of Dental Sciences and Research Centre, Bengaluru, conducted a **Teachers Day (Week) Celebration** as part of its ongoing flagship comprehensive Primary Preventive School Dental Health Programme- '**Naguvina Chiguru**'. The Department routinely conducts interactive dental workshops, school dental screening and treatment camps in various schools across Whitefield and KR Puram, Bengaluru as part of this initiative in collaboration with the Shishu Mandir Organisation, The Samruddhi Trust, the Azim Premji Foundation (Windmills of Your Mind School) and in select adopted government schools. Free dental treatment is provided to children from the adopted government schools.

I. Honouring School Teachers for their exemplary services:

As part of the **Teachers Day (Week) Celebration**, the School Principals and Program Coordinators were felicitated and honoured for the wholehearted support rendered for organising and conducting the PPSDHP. Mementoes were presented to the following individuals:

1. **Mr Anand C**; DIRECTOR, Shishu Mandir, Bengaluru.
2. **Smt KK Nalini**, Headmistress, Seetharamapalya GHPS, Bengaluru. (In absentia).
3. **Mr Ravi BT**, Coordinator, Windmi IIs of Your Mind School for Children of Migrant Labourers, Bengaluru. (In absentia).
4. **Smt M Sharada**, Headmistress (Former), Basavanagar GHPS, Bengaluru.
5. **Mr Uttam Banerjee**, CEO, Samridhdhi Trust, Bengaluru

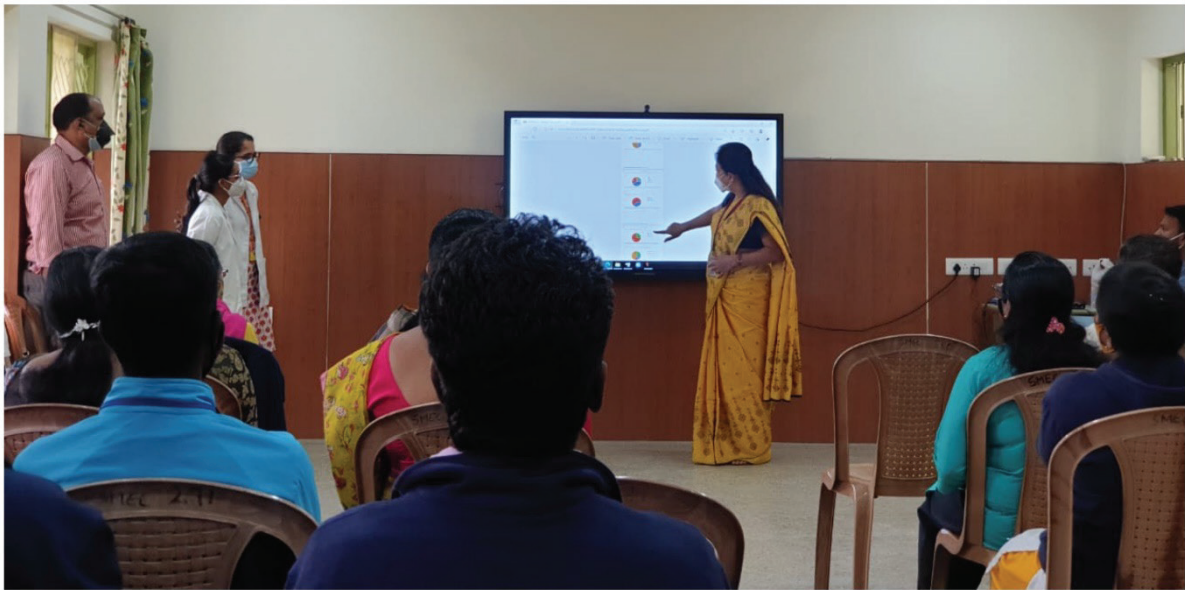


Clockwise: Smt M Sharada, Headmistress (Former), Basavanagar GHPS, Bengaluru being felicitated by Dr Mohan Thomas Nainan, Principal, VIDS & RC; Smt Rani Tandon, Principal, Shishu Mandir School, Bengaluru, receiving memento on behalf of Mr Anand C; DIRECTOR, Shishu Mandir from Dr Jaya Naidu, Prof & Head, Department of Pediatric and Preventive Dentistry, VIDS & RC, Bengaluru; Mr Uttam Banerjee, CEO, Samridhdhi Trust, Bengaluru being felicitated by Dr Mohan Thomas Nainan

The main program was conducted for the teachers of Shishu Mandir Education Centre (http://shishumandir.org/our_school.htm). The Shishu Mandir Education Centre was opened in June 1993 and provides free English medium education to children from the surrounding villages. Children who have experienced abuse and neglect because of extreme poverty of their families are the beneficiaries of the school.

II. Questionnaire based survey of schoolteachers knowledge of oral and dental health:

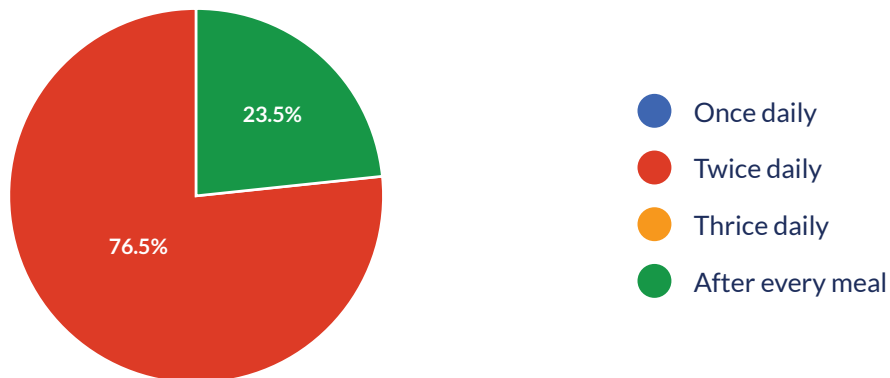
A pretested KAP questionnaire was modified, converted into a google survey form and used for assessing the knowledge, attitude and practices of schoolteachers about oral health practices, etiology, prevention and treatment of dental diseases. The proforma contained a total of 20 questions. The responses were analysed and were discussed with the participating teachers in an interactive session.



Interactive Discussion with the participating teachers regarding the responses received during the survey.

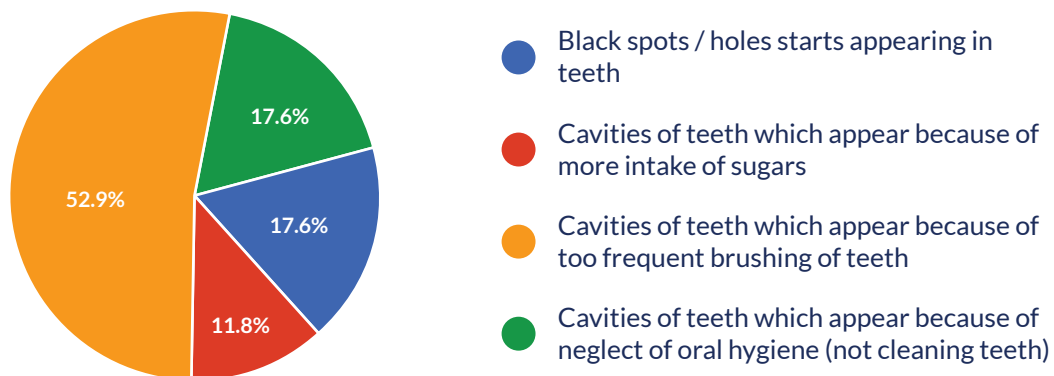
1. How many times one should clean their teeth?

17 Responses



2. Which of the following is not a feature of tooth decay/ dental caries?

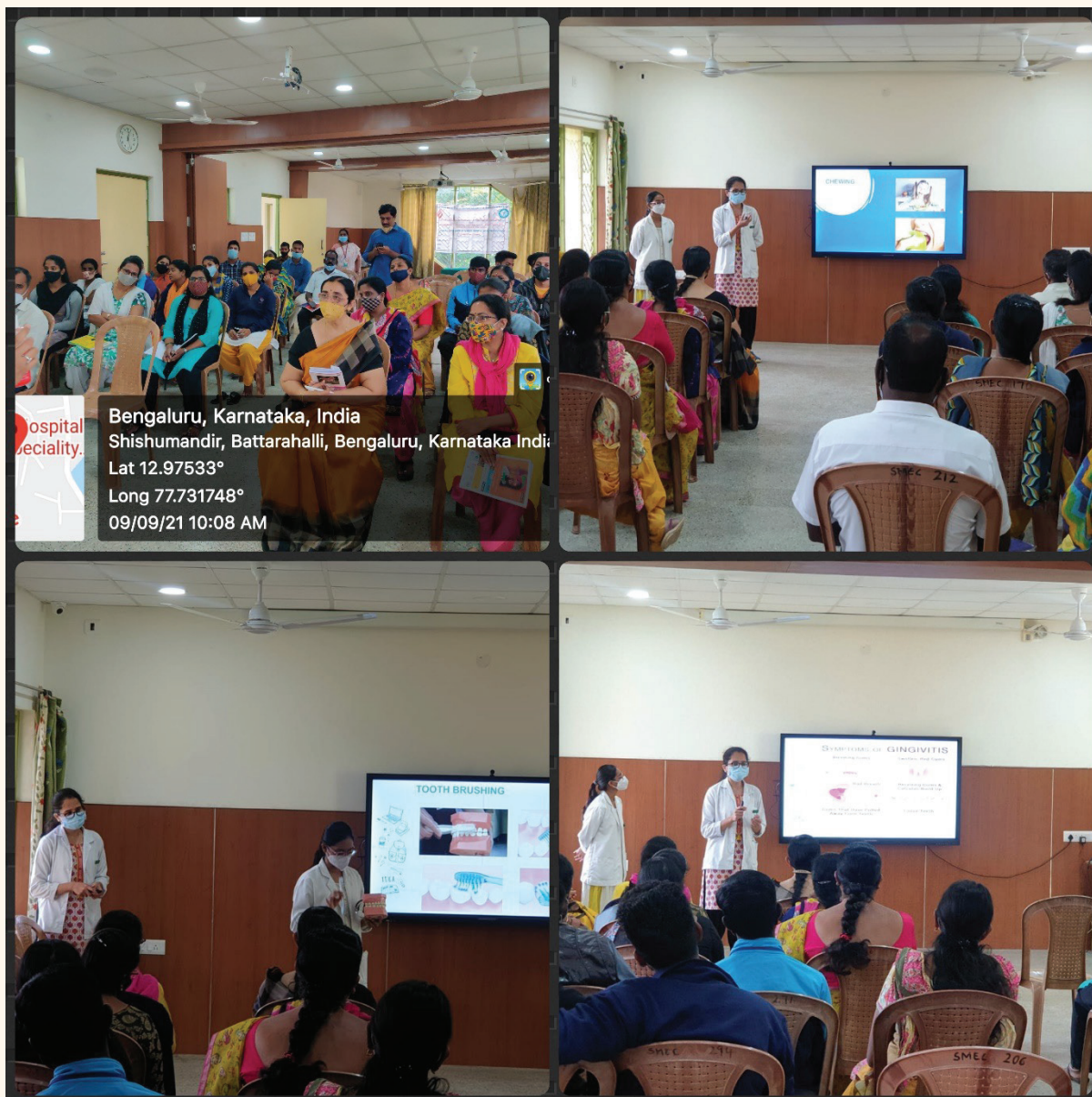
17 Responses



Sample of Responses to Questionnaire.

III. Oral Health Awareness programme for school teachers:

The teachers received training on oral health education by means of a lecture supported by a ppt presentation and a practical session on brushing demonstration and fluoride application. They were instructed regarding the etiology and prevention of common dental diseases, correct brushing and flossing techniques, role of nutrition in dental health, the role of fluoride and the importance of regular dental care. The Teachers were instructed how to use the specially designed dental health education material which was shared with them.



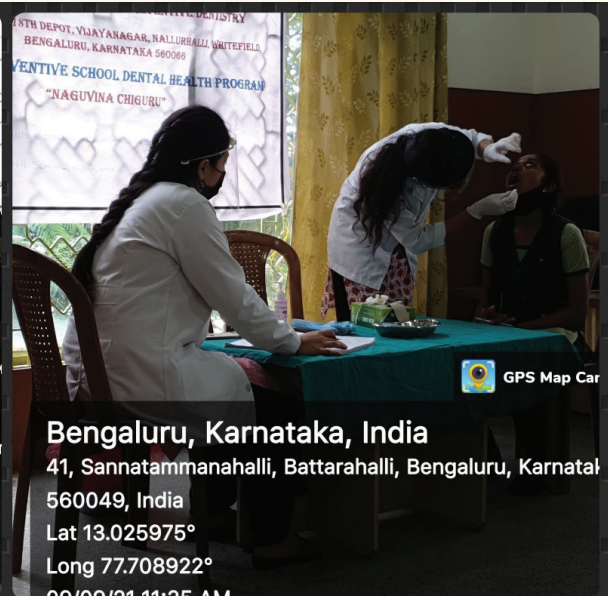
Oral Health Awareness programme for school teachers in session at Shishu Mandir Education Centre.

IV. Oro - Dental Check-up & Treatment for schoolteachers:

Dental Screening for the school teachers at Shishu Mandir Education Centre was carried out and the treatment needs report was submitted to the school. A total of twenty -four school teachers were screened. This was followed by dental screening of school children belonging to the 6th to 10th standards. Eighty one children received an oral health check-up. As part of the Vydehi Institution's initiative in appreciation of the immense contribution made by school teachers for the **PPSDHP**, a discounted treatment charges plan has been introduced for all school teachers from the schools participating in the **PPSDHP**, Naguvina Chiguru.



Dental Screening of school teachers in progress.



Dental Screening of school children in progress.

V. Competition for school Teachers and awarding the winners.

The participating teachers enthusiastically participated in a 'Deliver a dental health education talk' competition which eventually resulted in a lot of innovative ideas being exchanged. The winners received prizes.



Deliver a 'Dental health Education Talk' competition.

VI. Oral Health Education material for School Teachers:

An innovative interactive flip chart that conveyed information pertaining to various aspects of oral and dental health was presented to the schoolteachers. The use of the flip chart was explained and demonstrated. Very positive feedback regarding this educational tool was received from all the teachers. Additionally, a short dental educational film that could be used for online classes was also shared, keeping in mind that children belonging to the younger age groups are still not physically attending school.

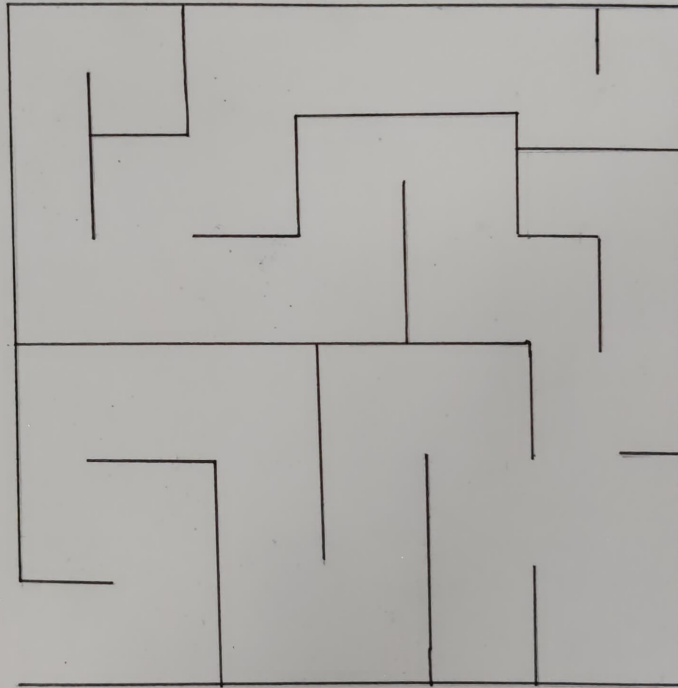


VII. Excerpts from the Interactive flip chart



A - Appointment

You need to visit your dentist twice a year to keep your teeth healthy & sparkling
Can you help Nobita find the dentist?



Hello Nobita, I am your Dentist. I Hear you have a tooth Ache. When was the last time you visited your Dentist?

B - Baby Tooth

Fun Fact - Humans have 2 sets of teeth!

When you are a kid, you have your first set of teeth called milk teeth. As you grow, they are replaced by adult teeth which stay throughout your life.

Lets have a look at the babys mouth. Can you count how many teeth the baby has?

Let's solve the puzzle and have some fun!



C - Cavity

A cavity is a hole in a tooth caused by bacteria that eat away at the surface of the tooth. If the hole gets big enough, it will cause pain.

You will be surprised to know that the most common cause of cavity is your chocolate.

What do you do to prevent cavities? You should wash your mouth after enjoying that piece of chocolate.



Yay! I'm Healthy.
I'm Happy!
I'm Strong!!



Uh-oh! You have started eating chocolates and Candy. I have started to become weak.

I'm becoming weak,
and I'm no longer strong.
Please help Me.



He He He...

D - Dental chair

Don't be scared to sit on the dental chair. It can lean back and go up or down, so that the dentist can get a good look of your mouth.

Be at your best behaviour when you go to the dentist. Remember your dentist is your friend!



E - Examination

Now that Nobita is sitting on the dental chair, let's have a look at Nobita's mouth. With a bright light, an explorer and a mirror, the dentist comes to check the surfaces of teeth to make sure its healthy.



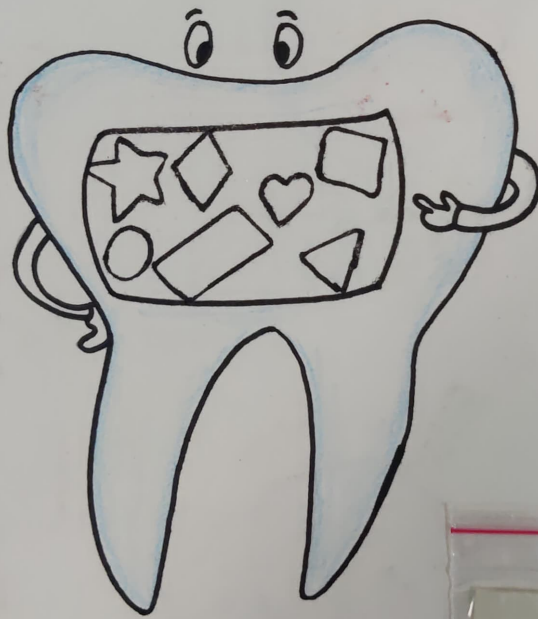
Uh-Oh! Looks like Nobita has a cavity!
Letter F should help us relieve Nobita's pain.

F - Filling

Nobita has a cavity! Don't worry your dentist got this! The dentist will remove all the decayed part of the tooth and fill the space. Easy Peasy!

Now, lets play a game

Mr. Tooth is sad. Let's fill the space to make Mr. Tooth happy again.

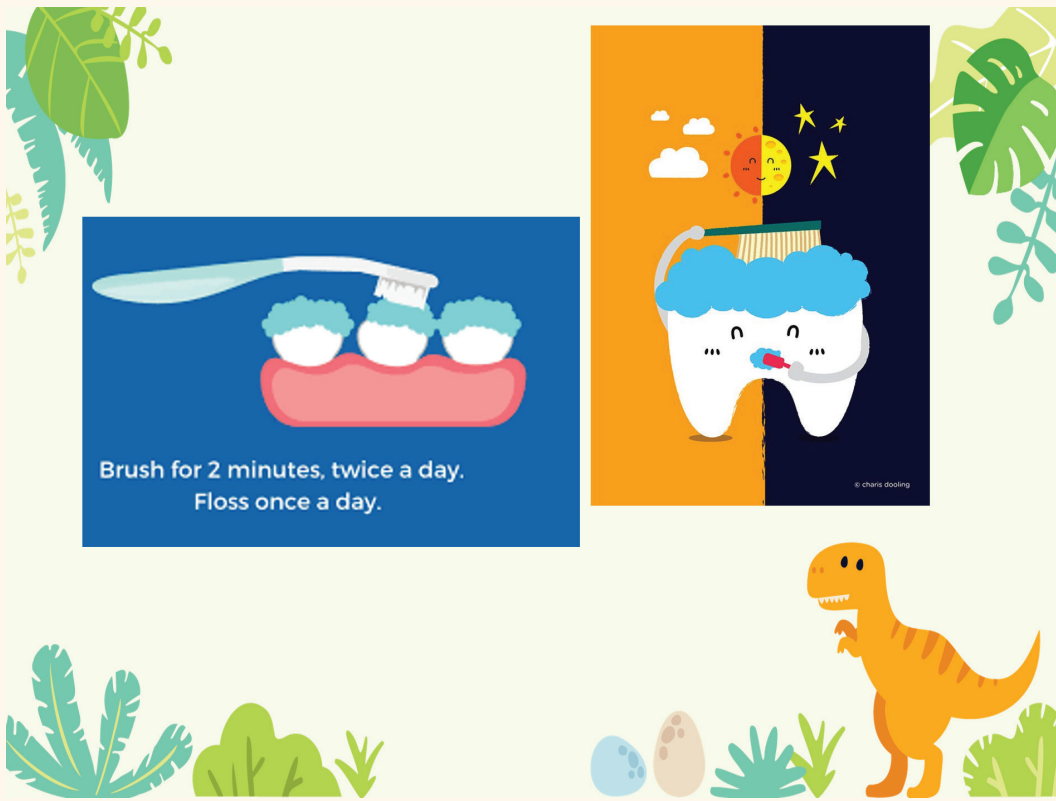


VIII. Excerpts from the short Educational film

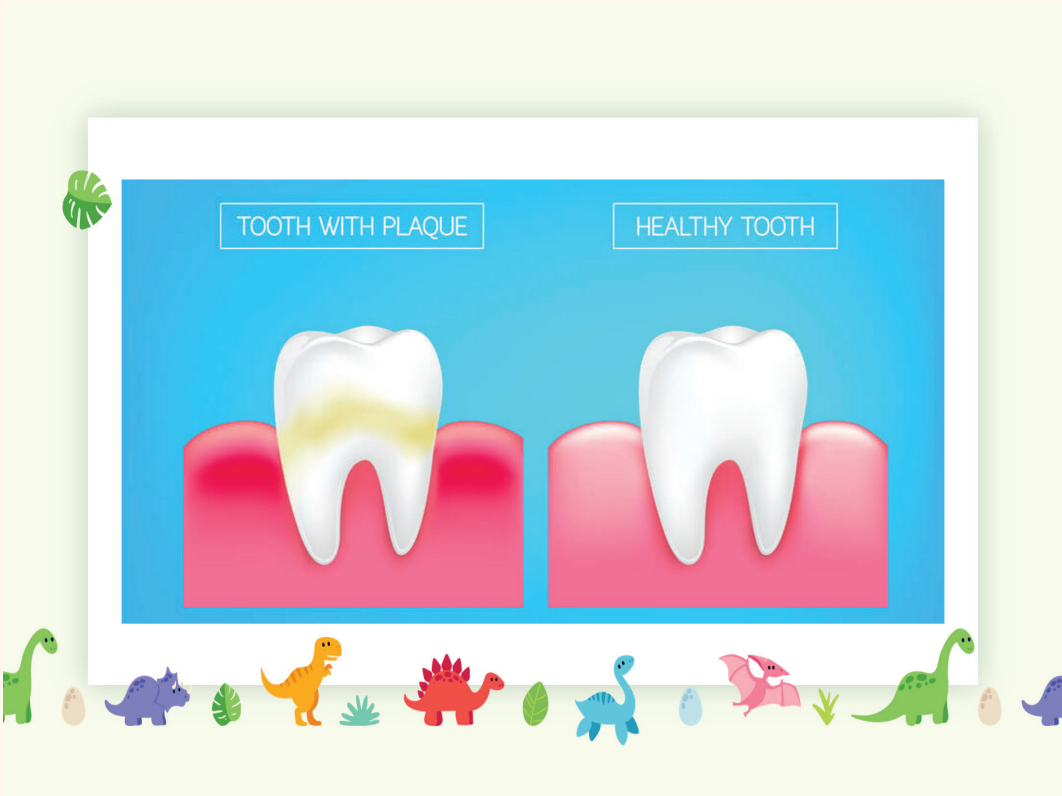
Friend was with a bunchhhhhhh of kids trying to help them understand about oral hygiene

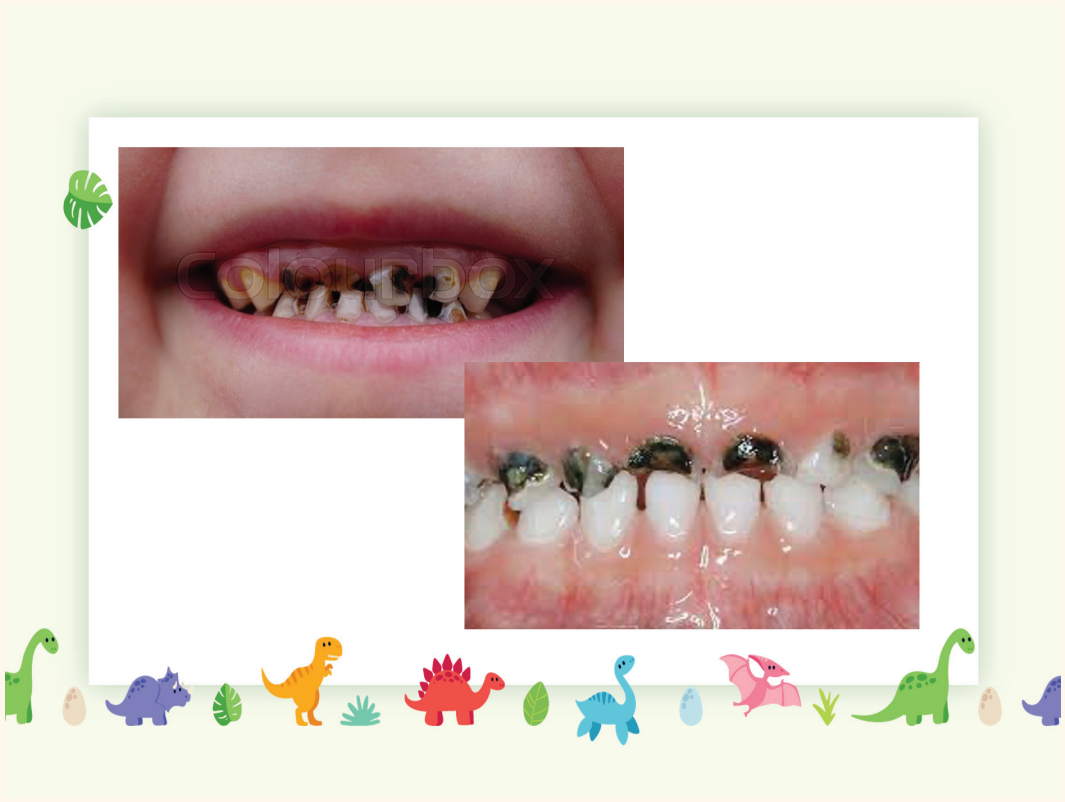
Spongebob also joined to learn about oral hygiene

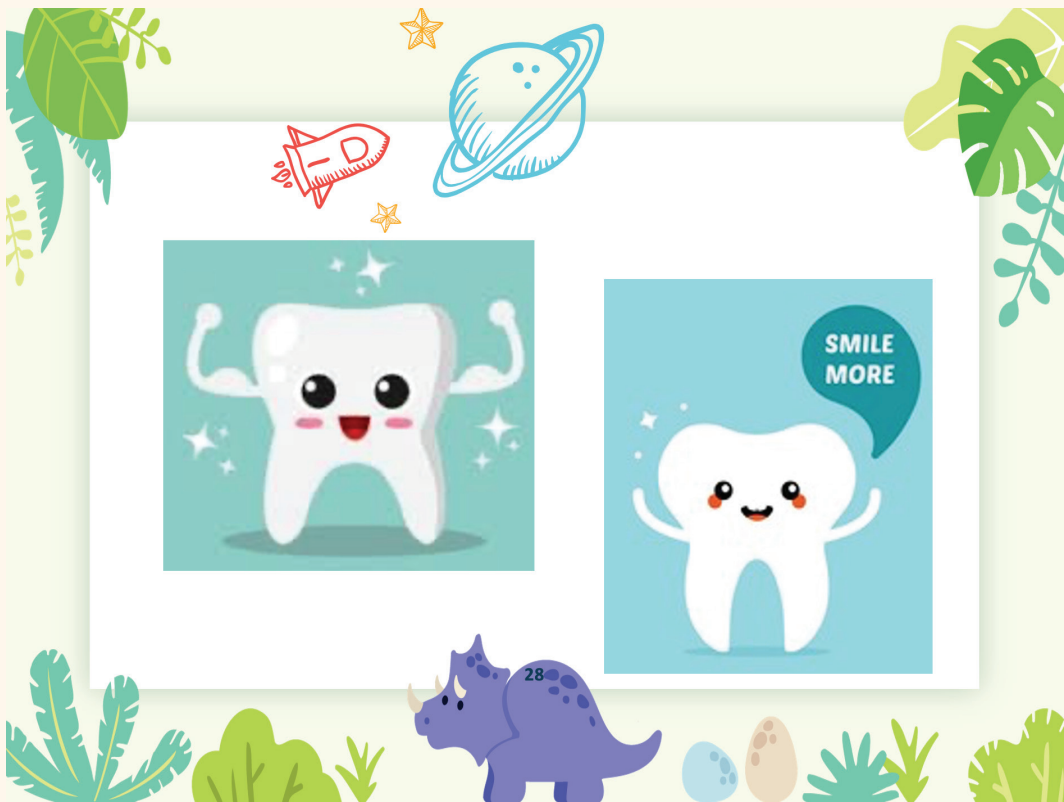
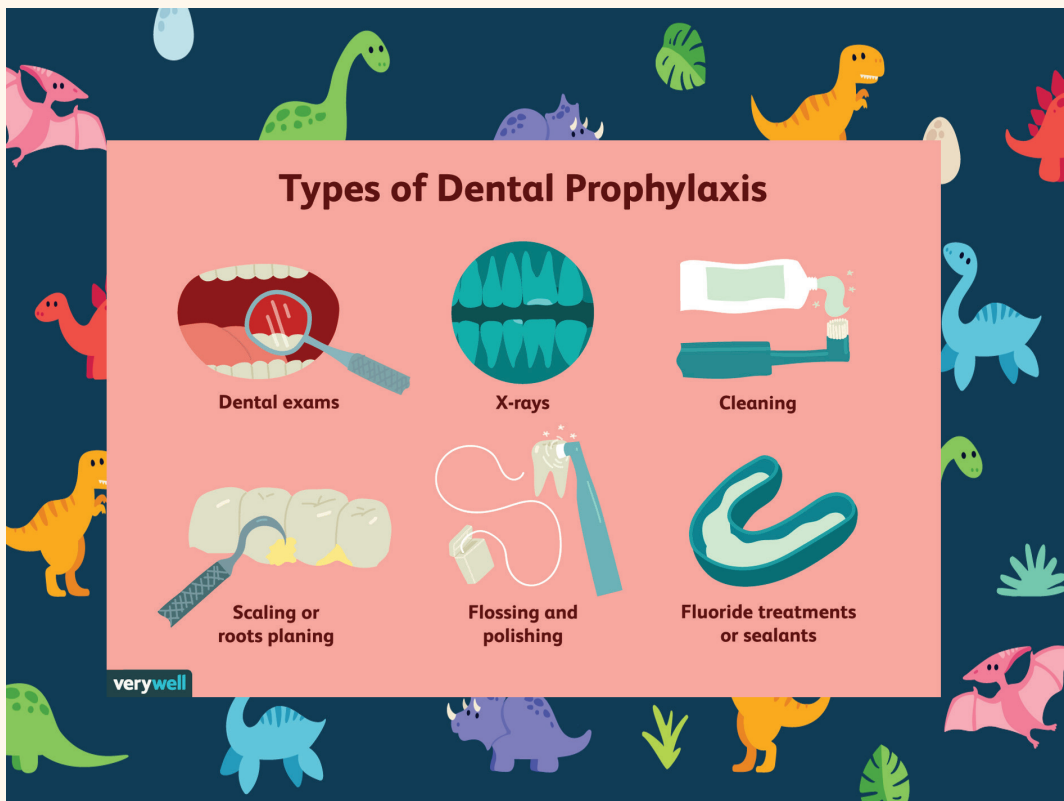












The Treatment phase of the program is ongoing and all the participating teachers have been encouraged to avail the benefit of the special dental scheme that has been instated for them. It is hoped that with the continued support of school teachers, especially during the Covid Pandemic, where direct access to school children may prove challenging, the delivery of oral health education indirectly through school-teachers will prove invaluable. Such initiatives, as the one taken by ISPPD to show our deep appreciation for school teachers for their wholehearted participation in School Dental Health programs will go a long way in fostering and strengthening the bond between dental health professionals and them.



The Staff, Post Graduates and Interns- Department of Pediatric and Preventive Dentistry, VIDS & RC, Bengaluru.

Thank you

