

**GODAVARI FOUNDATION
GODAVARI COLLEGE OF NURSING,
JALGAON MAHARASHTRA**

(ISO-9001: 2015 CERTIFIED INSTITUTE)



**REPORT ON
SCHOOL BASED EDUCATIONAL PROGRAMME
ON ORAL AND DENTAL HYGIENE**

30TH SEPTEMBER 2026

**ORGANIZED BY
CHILD HEALTH NURSING DEPARTMENT
GODAVARI COLLEGE OF NURSING, JALGOAN**



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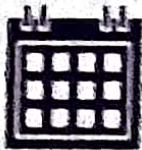
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School based Educational Programme on Oral & Dental Hygiene

**-Organized by-
Department of Child Health Nursing**



30 Sep. 2026



8 Am to 10Am



**DR.ULHAS PATIL CBSE
SCHOOL BHISAWAI**



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गोदावरी फाउंडेशन संस्थान,

गोदावरी कॉलेज ऑफ नर्सिंग

नवमन हाउस नं.६, गट नं. ५७/१, ५७/२, खिरी शिवार,
ता. जि. जालगांव-४२५३०९ (महाराष्ट्र) भारत



Godavari Foundation's

GODAVARI COLLEGE OF NURSING

NH-6, Gat No. 57/1, 57/2, Khirdi Shivar,
Tal. & Dist. Jalgaon-425309 (Maharashtra) INDIA

(Reg. by INC, MSBPNE, MNC, MUHS, GOVT. of Maharashtra)
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(नर्सिंग शिक्षा को संपूर्ण प्राप्त करने का प्रयास)

(Striving to Achieve Complete Nursing Education)

Date-21/09/2026

To,
The Principal,
Dr. Uthas Patil CBSE School,
Bhusawal.

Subject: Permission To Organize school based educational programme on oral and dental hygiene.

Respected Madam,

With Due Respect, I, On Behalf Of The Child Health Nursing Department, Would Like To Request Your Kind Permission To Organize school based educational programme on oral and dental hygiene. In Your School On 30th September 2026.

The Programme Will Include An Informative Audio-Visual Presentation, Awareness Talk, Demonstration Of Proper Tooth Brushing Techniques, And Interactive Activities For Preprimary Students. The Programme Will Focus On The Importance Of Maintaining Good Oral Hygiene, Prevention Of Dental Caries And Gum Diseases, Healthy Dietary Habits, And Regular Dental Check-Ups.

This Programme Will Help Students Understand The Importance Of Maintaining Good Dental Hygiene And Encourage Them To Adopt Healthy Oral Health Practices In Their Daily Lives.

We Kindly Request Your Approval And Guidance To Conduct This Programme Successfully In Your School.

Thanking You In Anticipation.

Yours Faithfully,
Child Health Nursing Department


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Introduction

Oral and dental hygiene is an essential component of overall health and well-being. Poor oral hygiene may lead to dental caries, gum diseases, bad breath, and other oral health problems, particularly among school-going children. Developing healthy oral hygiene practices at an early age helps prevent dental problems and promotes lifelong healthy habits.

Aim

To provide knowledge to school students regarding oral and dental hygiene and promote healthy oral hygiene practices for the prevention of common dental and oral health problems.

Objectives

1. To assess the existing knowledge of students regarding oral and dental hygiene.
2. To provide information regarding the importance of maintaining good oral hygiene.
3. To explain the correct method and frequency of tooth brushing.
4. To educate students about the importance of regular cleaning of the tongue and mouth.
5. To create awareness regarding the prevention of dental caries, gingivitis, and other common oral health problems.
6. To explain the role of healthy dietary habits in maintaining good dental health.
7. To encourage students to limit sugary foods, sweets, and carbonated drinks.
8. To emphasize the importance of regular dental check-ups.
9. To motivate students to develop and maintain healthy oral hygiene practices in their daily life.



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Brief Report of the Programme

A School-Based Educational Programme on Oral and Dental Hygiene was organized by department of Child Health Nursing on 30 September 2026 at Dr. Ulhas Patil CBSE School, Bhusawal as a school based educational activity.

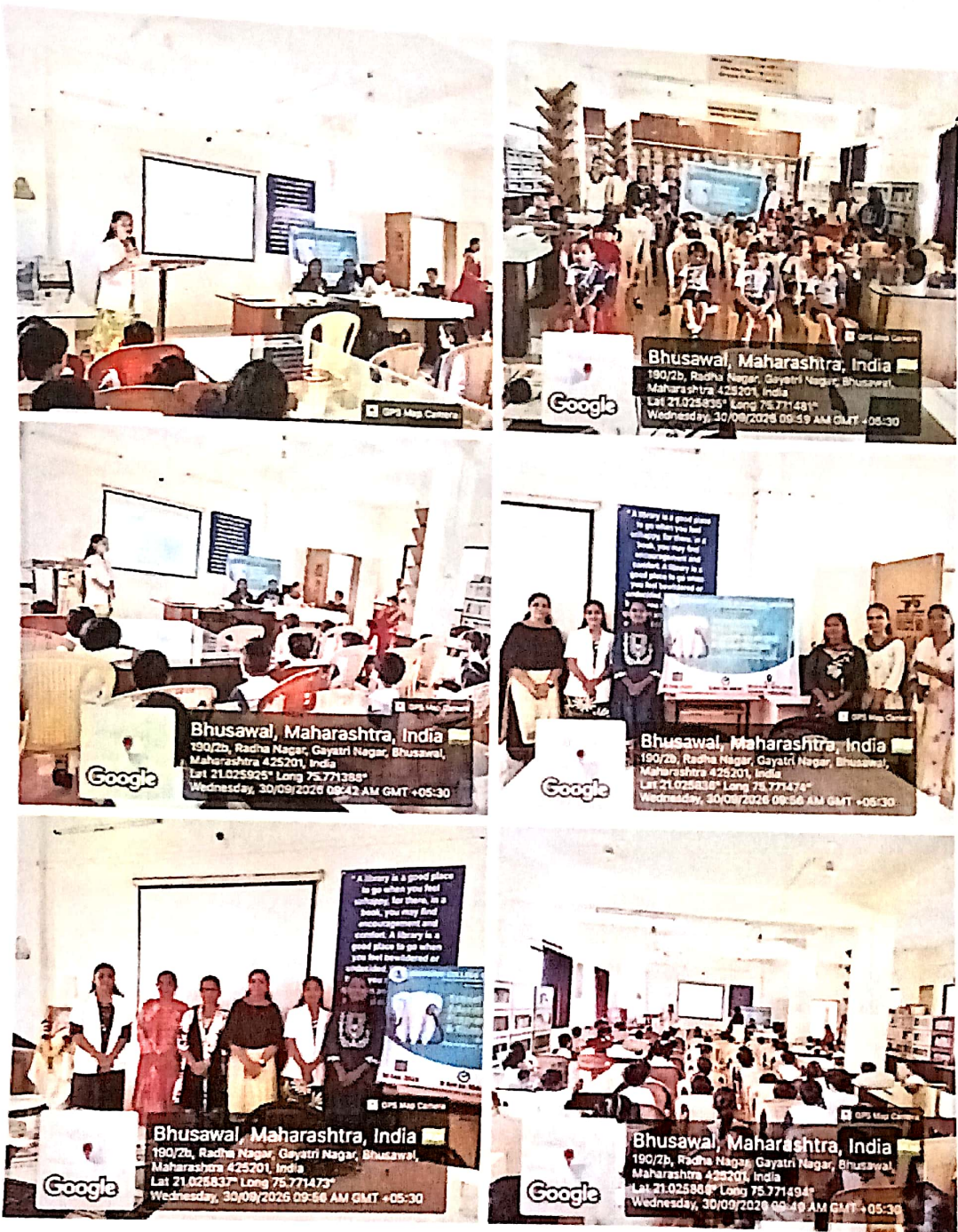
The programme was conducted by Ms. Punam Dhage, M.Sc. Nursing 2nd Year student. A Video-Assisted Teaching method was used to make the session more interesting, interactive, and easy for school students to understand.

The session covered important aspects of oral and dental hygiene, including the importance of oral hygiene, proper tooth-brushing technique, frequency of brushing, tongue cleaning, use of appropriate oral hygiene aids, healthy dietary habits, prevention of dental caries and gum diseases, avoidance of excessive sugary foods and drinks, and the importance of regular dental check-ups.

The use of audiovisual material helped students understand the concepts through visual demonstrations and examples. Students actively participated in the session and showed interest by answering questions and interacting with the presenter. Their doubts regarding tooth brushing, food habits, and prevention of dental problems were clarified during the programme.

The programme concluded with a brief question-and-answer session, through which the students' understanding of the topic was reinforced. The activity helped create awareness among school students regarding the importance of maintaining good oral and dental hygiene and encouraged them to incorporate healthy oral hygiene practices into their daily routine.

PHOTOS



NEWS PAPER CUTTING

शालेय स्तरावरील मौखिक व दंत स्वच्छता जनजागृती कार्यक्रम



जळगाव - बाल आरोग्य परिषदेच्या विभागाच्या वतीने डॉ. उत्तम पाटील हाड्डा म्युन थंय शासक विद्यापीठाच्या मौखिक व दंत स्वच्छता या विषयावर आरोग्य शिक्षण कार्यक्रम आयोजित करण्यात आला. या कार्यक्रमाचा मुख्य उद्देश विद्यार्थ्यांमध्ये मौखिक व दंत आरोग्यावर महत्त्व नमवून त्या व सोदाची योग्य स्वच्छता राखण्याबाबत जनजागृती करणे हा होता. कार्यक्रमादरम्यान विद्यार्थ्यांना कधीच पडताना दात घालण्याचे तरे, दिवसातून दोन वेळा दात घासणे, नियमितपणे डोथ स्वच्छ करणे, वेळोवेळी लोंढे स्वच्छ पाण्याने धुणे, मसुनित व सोदक आहार घेणे, जेवण प्रमाणात मांडवून घेणे व घेणे घेणे टाळणे असे निर्दिष्टातून दंत स्वच्छता करून घेणे याबाबत मार्गदर्शन करण्यात आले. विद्यार्थ्यांना योग्य दात घालण्याच्या पद्धतीचे प्रायोगिक करून दाखविण्यात आले. तसेच विद्यार्थ्यांकरिता मसुनित व सोदक आहार, जेवणाने स्थानी उपयुक्तपणे स्वच्छता, लोंढे वर विविध द्रव्ये विचारले. या कार्यक्रमात विद्यार्थ्यांना उपस्थित व सक्रियपणे सहभाग घ्यावा याकडे भर घालण्यात आले. विद्यार्थ्यांनी मौखिक स्वच्छता घालून आणि मौखिक व दंत स्वच्छतेच्या योग्य सोदाबाबत आरोग्य जागरूक व जागरूकपणे स्वच्छता घालून घ्यावी या कार्यक्रमातून विद्यार्थ्यांच्या जिवांना लाभ, स्वच्छ दात आणि स्वच्छता मौखिक आरोग्याच्या सोदाबाबत जागरूकता घ्यावी यासाठी.



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