

ACTIVITY
REPORT/GALLERY

ORAL HEALTH FOR ALL

A COMMUNITY OUTREACH SERIES

| MARCH 14- APRIL 14 | 2025



**World Oral
Health Day**
20 March

#HAPPYMOUTHISAHAPPYMIND

1. INTRODUCTION

1.1. BACKGROUND

Every year World Oral Health Day (WOHD) is celebrated on March 20 signifying the importance of oral health and to make global call for all the health professionals and non-medical professionals to act for oral health.

This year World Oral Health Day 2025 is being celebrated with the theme “A Happy Mouth is A Happy Mind” emphasizing the connection between oral health and mental wellbeing.

Established in 2023, the Dental Students' Society of Nepal (DSSN) is a youth-led, non-profit organization representing the interests and aspirations of dental students and young professionals across Nepal. As the recognized national member of the International Association of Dental Students and the World Dental Federation (FDI), DSSN is positioned at the forefront of global dental advocacy and innovation.

1.2. EVENT OVERVIEW

“Oral Health for All- A Community Outreach Series” is a campaign that highlights the importance of oral health for everybody irrespective of their age, socio-economic status and physical limitations.

The campaign was executed in different places that represents different communities from diverse background. The target communities that represents the following groups were selected.

- a. Specially Abled Individual
- b. Women
- c. Elderly Population
- d. Low Socio- Economic Status Population
- e. Orphans
- f. Street Children
- g. Children of Imprisoned Parents

2. OBJECTIVES

- To increase the awareness level regarding oral health among various representative communities
- To conduct oral disease screening among various vulnerable population
- To provide Topical Fluoride Application treatment to caries susceptible children
- To distribute oral hygiene care products to the needy population

3. PLANNING AND PREPARATION

3.1. ORGANIZING COMMITTEE

Organizing Committee was formed from the members of executive committee and general members of the organization to plan and execute the event. The role of organizing committee was to:

- a. To find and approach appropriate outreach site for the campaigns
- b. Manage resources for the outreach campaigns
- c. Seek for potential partners, collaborators and sponsors.
- d. Seek volunteers for the campaigns and provide them with necessary training session



Fig: Organizing Members and Coordinators for campaigns

3.2. COLLABORATION AND SPONSORSHIP

The campaign was supported by Nepal Dental Association and various sponsors were brought on board for the support. Pepsodent sponsored oral hygiene products like toothpastes and Tshirts for the campaigns



Fig: Logos of our collaborators and sponsors

3.3. CAMPAIGN PREPARATION

- Outreach Sites for Campaigns were selected and permissions to conduct the dental camp were taken from relevant authorities.
- Necessary instruments, education materials, dental materials were procured

3.4 COORDINATORS AND VOLUNTEER CALL

- Coordinators for various campaigns were made from the social media.
- Following the coordinator call, volunteer call was made.

Social Media Links

- Coordinator Call- [Click Here](#)
- Volunteer Call- [Click Here](#)

3.5 COORDINATORS TRAINING

Training Session was conducted to all the coordinators. The coordinators were trained about the overall process of conducting a successful and impactful community outreach events. FDI Guidelines for Dental Volunteers were utilized as well.

The training was hosted by Public Health Committee.



Fig: Public Health Committee giving training to coordinators of outreach series

4. PARTICIPANTS

More than 1000 individuals from different background were benefited from the campaigns. Altogether 13 sites were visited by campaign volunteers and provided with various promotive and preventive services.

5. CAMPAIGN ACTIVITIES

In each outreach campaigns, volunteers successfully provided following services depending on the nature of beneficiaries in the outreach sites:

5.1 ORAL HEALTH EDUCATION

Providing oral health education was one of the key objectives of the campaign. In each outreach sites, the participants were made aware about the importance of oral health, proper oral hygiene techniques, basic understanding of oral disease. Volunteers applied practical engagement technique by conducting live brushing session by participants to make learning more impactful. Volunteers used various models and teaching leaning materials to aware the participants.



Fig: Children at Prisoners Assistance Mission involving in proper brushing workshop

5.2 ORAL DISEASE SCREENING

Early diagnosis is considered as one of the secondary level of preventions. Diagnosis oral disease and condition at early stage is really essential to decrease the impact that the disease makes. Considering this we included free oral disease screening in our campaigns.



Fig: Oral Disease Screening at Help Nepal Orphanage

5.3 TOPICAL FLUORIDE APPLICATION

Topical Fluoride Application is one of the proven efficient preventive intervention that can be done on camp setup.

We provided topical fluoride application to the children susceptible to caries. We used Acidulated Phosphate Fluoride (APF) gel as a fluoride agent.

Topical Fluoride Application was done on around 150 childrens with high caries susceptibility.



Fig: Topical Fluoride Application to a children at Self- Help Orphanage

5.4 ORAL HYGIENE KITS DISTRIBUTION

Tooth Paste and Toothbrush were distributed to the needy population. Participants were involved in oral health education session before distributing the oral hygiene kits. Th distributed kit served as motivation for them to implement the learned techniques in their daily life.



Fig: Participants receiving oral hygiene products at Sinamangal Slum Area

5.4 KIDS ACTIVITY SHEET

As a part of interactive learning sessions, children were engaged in Kids Activity Sheet developed by World Dental Federation (FDI).

High level of enthusiasm was seen among the child participants. Children were provided with the printed sheet, color pen and pencils for the activity.

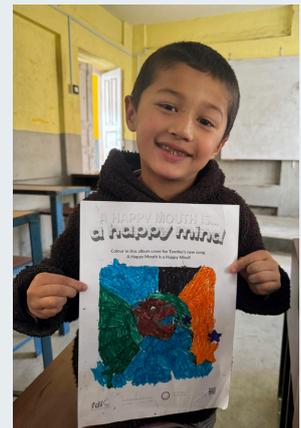


Fig: A child with his colored drawing in Kids Activity Sheet

6. INDIVIDUAL OUTREACH CAMPAIGNS

6.1. SINAMANGAL SLUM AREA



DATE: 15TH MARCH



LOCATION: SINAMANGAL



TARGET AUDIENCE: LOW SOCIO ECONOMIC STATUS UNDERPRIVILEGED POPULATION

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. ROTARACT CLUB OF KATHMANDU MIDTOWN
- C. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION & ORAL HEALTH SCREENING

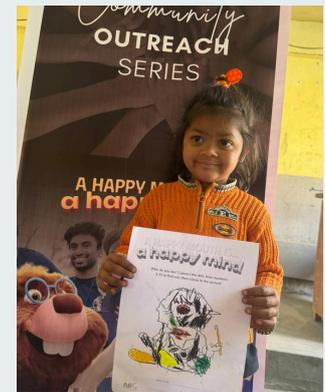


B. FLUORIDE APPLICATION



C. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6.2. NEPAL ETERNITY ORPHANS HOME



DATE: 15TH MARCH



LOCATION: RUPANDEHI



TARGET AUDIENCE: ORPHANS

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. S. REMY TRADING DENTAL SUPPLIERS
- C. HIMALAYA WELLNESS COMPANY

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. KIDS ACTIVITY SHEET



D. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6.3 BIA INSTITUTE



DATE: 16TH MARCH



LOCATION: JORPATI



TARGET AUDIENCE: SPECIALLY ABLED POPULATION

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. DEPARTMENT OF COMMUNITY DENTISTRY, TUTH
- C. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. FLUORIDE APPLICATION

GLIMPSES



6.4 CHOBAR MAHILA SAMUHA



DATE: 16TH MARCH



LOCATION: CHOBAR



TARGET AUDIENCE: WOMEN'S GROUP

COLLABORATORS

A. NEPAL DENTAL ASSOCIATION
B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



GLIMPSES



6.5. DWARIKADAS SECONDARY SCHOOL



DATE: 18TH MARCH



LOCATION: CHITWAN



TARGET AUDIENCE: SCHOOL CHILDREN

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. COLLEGE OF MEDICAL SCIENCES
- C. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HYGIENE KITS & STATIONERY ITEMS DISTRIBUTION



GLIMPSES



6.6. HELP NEPAL NETWORK CHILDREN'S HOME



DATE: 22ND MARCH



LOCATION: DHULIKHEL



TARGET AUDIENCE: ORPHANS

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. DEPARTMENT OF COMMUNITY DENTISTRY, KUSMS
- C. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. FLUORIDE APPLICATION



D. KIDS ACTIVITY SHEET

GLIMPSES



6.7. SAHARA CHILDREN'S HOME



DATE: 22ND MARCH



LOCATION: DHULIKHEL



TARGET AUDIENCE: ORPHANS

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. FLUORIDE APPLICATION



D. ORAL HYGIENE KITS DISTRIBUTION & KIDS ACTIVITY

GLIMPSES



COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. DEPARTMENT OF COMMUNITY DENTISTRY, KUSMS
- C. PEPSODENT NEPAL

6.8. NAYA NEPAL SAMAJ KENDRA ANANTHALAYA



DATE: 22ND MARCH



LOCATION: BHAKTAPUR



TARGET AUDIENCE: ORPHANS

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



D. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6.9. NAVAJEEVAN PAROPAKAR SAMAJ



DATE: 23RD MARCH



LOCATION: KATHMANDU



TARGET AUDIENCE: ELDERLY

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. YOUTH DENTISTRY NEPAL
- C. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. GIC RESTORATION

GLIMPSES



6.10. SELF HELP UNION



DATE: 4TH APRIL



LOCATION: KATHMANDU



TARGET AUDIENCE: ORPHANS

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION AND ORAL HEALTH SCREENING



C. FLUORIDE APPLICATION



D. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6.11. POLICE PUBLIC CAMPAIGN FOR CHILDREN NEPAL

 **DATE:** 4TH APRIL

 **LOCATION:** CHITWAN

 **TARGET AUDIENCE:** STREET CHILDREN

COLLABORATORS
 A. NEPAL DENTAL ASSOCIATION
 B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HYGIENE KITS DISTRIBUTION



GLIMPSES



6.12. PRISONER'S ASSISTANCE MISSION



DATE: 5TH APRIL



LOCATION: KATHMANDU



TARGET AUDIENCE: CHILDREN OF IMPRISONED PARENTS

COLLABORATORS

- A. NEPAL DENTAL ASSOCIATION
- B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



B. ORAL HEALTH SCREENING



C. FLUORIDE APPLICATION



D. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6.12. AMA YANGRI



DATE: 14TH APRIL



LOCATION: AMA YANGRI



TARGET AUDIENCE: CHILDRENS AND ADULTS ON THE WAY TO AMA YANGRI

COLLABORATORS

A. NEPAL DENTAL ASSOCIATION
B. PEPSODENT NEPAL

SERVICES PROVIDED



A. ORAL HEALTH EDUCATION



C. ORAL HYGIENE KITS DISTRIBUTION

GLIMPSES



6. OUTCOMES AND IMPACT

6.1. OUTCOMES

The ‘Oral Health for All- A community Outreach Series’ achieved significant milestones in promoting oral health awareness and preventive care across diverse communities.

Key outcomes include:

- Over 1000 individuals received education on the importance of oral hygiene, proper brushing techniques and the prevention of oral diseases.
- Free oral disease screenings facilitated early detection.
- Approximately 150 children at high risk for dental caries benefitted from Topical Fluoride application reinforcing preventive dental care.
- Interactive session including live brushing demonstrations , supervised brushing fostered positive oral health behaviours especially among childrens.
- Provision of toothbrushes and toothpaste to the underprivileged individuals encouraged the adoption of daily oral hygiene practices.
- Increased and strengthened relationships with local communities, emphasizing the role of young dental professionals in public health promotion.

6.2. SOCIAL MEDIA IMPACT

The ‘Oral Health for All- A community Outreach Series’ created a significant buzz on social media platforms , successfully extending its reach beyond physical outreach.

Officials hastag like #WOHD2025, #ORALHEALTH #HAPPYMOUTHISHAPPYMIND, #ORALHEALTHFORALL were used in our post-event reels and pictures to align with the global movement and amplify visibility.

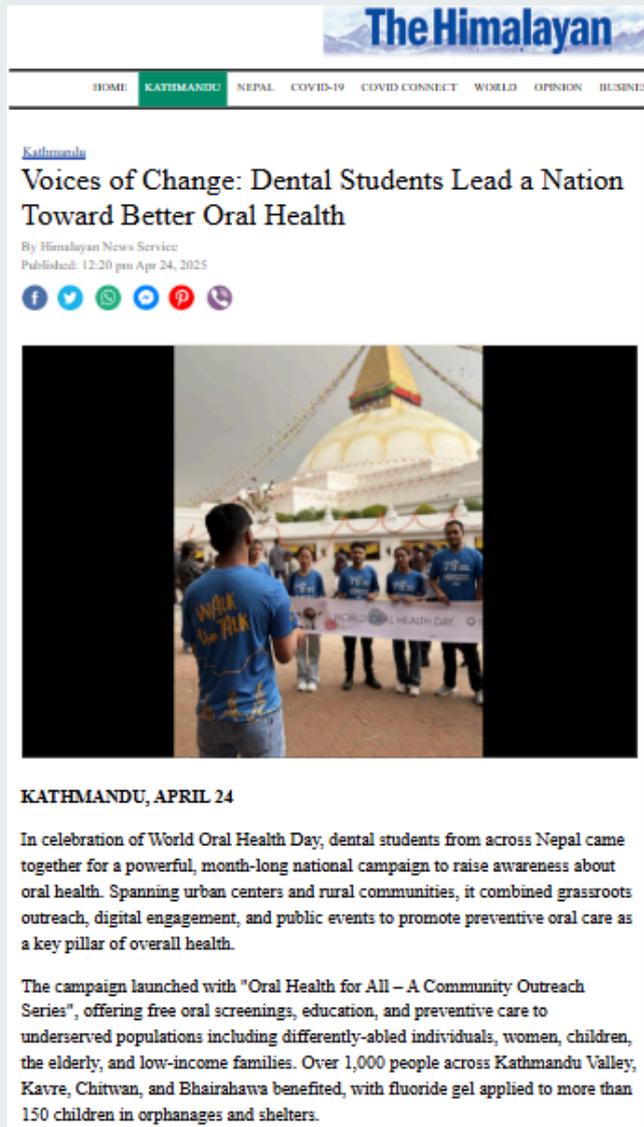
Clickable Links here:

- Sinamangal [Click Here](#)
- Chobar [Click Here](#)
- Chitwan [Click Here](#)
- Rupandehi [Click Here](#)
- Ama Yangri [Click Here](#)
- Dhulikhel [Click Here](#)

6.3. MEDIA/PRESS IMPACT

The campaign also received attention from mainstream media, helping amplify the message of World Oral Health Day 2025 to the broader audience.

Our activities were broadcasted by prominent platforms such as **The Himalayan** [Click Here](#)



The screenshot shows a news article from 'The Himalayan' website. The article is titled 'Voices of Change: Dental Students Lead a Nation Toward Better Oral Health' and is dated April 24, 2025. It features a photograph of dental students in blue t-shirts holding a banner for World Oral Health Day in front of a large, ornate building. The article text describes a month-long national campaign to raise awareness about oral health, involving grassroots outreach, digital engagement, and public events. It mentions that over 1,000 people across Kathmandu Valley, Kavre, Chitwan, and Bhairahawa benefited, with fluoride gel applied to more than 150 children in orphanages and shelters.

KATHMANDU, APRIL 24

In celebration of World Oral Health Day, dental students from across Nepal came together for a powerful, month-long national campaign to raise awareness about oral health. Spanning urban centers and rural communities, it combined grassroots outreach, digital engagement, and public events to promote preventive oral care as a key pillar of overall health.

The campaign launched with "Oral Health for All – A Community Outreach Series", offering free oral screenings, education, and preventive care to underserved populations including differently-abled individuals, women, children, the elderly, and low-income families. Over 1,000 people across Kathmandu Valley, Kavre, Chitwan, and Bhairahawa benefited, with fluoride gel applied to more than 150 children in orphanages and shelters.

7. UTILIZATION OF FDI'S THEME AND RESOURCES

Our organization recognizes that this year's World Oral Health Day (WOHD) theme, "A Happy Mouth is A Happy Mind," carries a profound and meaningful message. To ensure the spirit of the theme resonated throughout our campaign, we strategically incorporated various resources and tools provided by the World Dental Federation (FDI).

a. Toothie Mascot Integration:

Toothie, FDI's official oral health ambassador, was a vibrant and constant presence throughout our outreach events. Serving as a symbol of oral health, Toothie helped deliver key messages in a fun, relatable, and child-friendly way, making learning sessions more interactive and engaging for the participants especially among children.

b. FDI Kids' Activity Sheets:

Interactive sessions with children were further enhanced by FDI's specially designed Kids' Activity Sheets. These worksheets, including coloring pages, puzzles, and quizzes, helped instill essential oral hygiene practices in a creative and memorable manner.



fig: Participants with FDI resources

c. Campaign Branding with WOHD Logo and Theme:

The World Oral Health Day 2025 logo and the campaign slogan "A Happy Mouth is A Happy Mind" were featured prominently across all materials, including banners, posters, and Pepsodent-sponsored volunteer T-shirts that showcased Toothie on the front and the theme slogan on the back.

Throughout the campaign events, the theme was consistently promoted through group shout-outs, public announcements, and activities with participants. Additionally, volunteers and participants collaborated to create a video based on the "Happy Mouth is A Happy Mind" theme, further spreading the message.

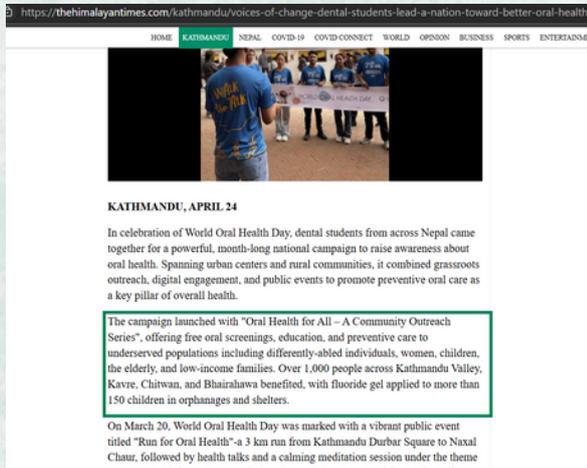


Fig: Volunteers during outreach

Overall, the use of FDI's comprehensive resources significantly strengthened the impact, visibility, and reach of our campaign. By integrating Toothie, the WOHD theme, educational materials, and visual branding into our outreach strategy, we were able to create a powerful and lasting impression among all age groups within the communities we served.

8. PRESS COVER

News article regarding our campaigns were covered in "The Himalayan Times", the bestselling newspaper company of Nepal and also in Local News portals like Narayani Online



पीटुसिटुमा अध्यक्षरगत बालबालिकालाई मुख स्वास्थ्यको सचेतना



To access the news portal press the link below:

THE HIMALAYAN TIMES- [CLICK HERE](#)

NARAYANI ONLINE- [CLICK HERE](#)

9. CONCLUSION

The "Oral Health for All – A Community Outreach Series," organized to mark World Oral Health Day 2025 with the theme "A Happy Mouth is A Happy Mind," made a meaningful impact by promoting oral health awareness and preventive care across various communities in Nepal.

Through careful planning, effective application of FDI-provided resources, and strong community involvement, the campaign successfully educated over 1,000 individuals and delivered crucial preventive treatments and oral hygiene supplies. The incorporation of FDI's Toothie mascot and Kids' Activity Sheets notably boosted children's engagement and learning during the sessions.

This campaign highlights the vital contribution of youth-led organizations like the Dental Students' Society of Nepal (DSSN) in leading public health initiatives. Looking ahead, DSSN is committed to expanding its outreach activities, building stronger partnerships, and advancing its mission to make oral health an essential part of overall well-being for all.

10. CONTACT FOR MORE DETAILS

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