

## **DENTIST ROLE IN SWACHH BHARATH MISSION**

Swachh Bharat Mission is a massive mass movement that seeks to create a Clean India by 2019. The father of our nation Mr. Mahatma Gandhi always puts the emphasis on swachhta as it leads to healthy and prosperous life. Keeping this in mind, the Indian government has decided to launch the Swachh Bharat mission on October 2, 2014. The mission will cover all rural and urban areas. The urban component of the mission will be implemented by the Ministry of Urban Development, and the rural component by the Ministry of Drinking Water and Sanitation. It is big challenge for all the citizens of India. It is only possible if each and every person living in India would understand this campaign their own responsibility and try to meet hands together to make it a successful mission. It is initiated and promoted by the famous Indian personalities to spread this mission as an awareness programme all through the India

Dental health care is devoted to endorsing and enhancing oral health and well-being and to achieve such goals, dentists use a diversity of materials and instruments. Unfortunately, particular materials that are currently used include heavy metals as well as biomedical waste, which offer impending challenges to the environmental balance. Dentistry has a substantial contribution to the pollution generated by the waste material, source of energy used, use of paper and use of toxic material in dental practice. This emphasizes that although dentistry deals with promotion and maintenance of health, at the same time contributes to pollution. To counter the ill-effects as stated, more recently, the term “Eco- friendly” has been pioneered which has taken dentistry beyond the point of preventing pollution to a place of promoting sustainability. So dentist plays an important role in “Swachh Bharath Abhiyana”

**Being a dentist what is the part in Swachh Bharath?**

- Dental professionals share global responsibility for elimination or reduction of toxic wastes that could harm human health and the environment. Amalgam restoration materials, radiographic chemicals, lead foils and disinfectant solutions are waste materials from dental settings that eventually end-up in landfills and water supplies which causes pollution. This has to be avoided to protect environment.
- Dental health professionals can be on the forefront of change and help in saving our planet from the catastrophic effects of environmental changes adopting and advocating the four 'R's— Rethink, Reduce, Reuse, Recycle. It is common place to perceive recycling as the first step but the reduction in waste production and rethinking and reusing our things are much more effective. The key to reducing our waste is to extend the life of things we use. Moreover, by implementing these four easy steps, dentistry and dental hygienists can transform the dental health profession into a greener and cleaner one.
- In the dental clinics also we can put the posters of keeping environment clean & also we can educate them by providing information about the importance of keeping their environment clean.
- Many dental colleges students also participated in this Swachh Bharath Abhiyana procession held in their respective colleges may help to create awareness about the cleanliness. And also I'm happy to be a part of it when our college participated in these processions.
- Plastic is poisonous for our environment. Being non-biodegradable it does not break down in the soil and hence, needs to be disposed properly. If ingested, it can kill animals and also poisons our food if not disposed of properly. Therefore, we need to cut down the usage of plastic bags for medicine or tablets distribution & try to dispose in dustbins.

- Water is one of the main component for treatment. Dental offices can improve public health through minimizing water usage. And also the chemicals used in the treatment present in the water is not to be released to water bodies & hence reducing pollution.
- Some of them think that Dental wastage sorting to be a tedious task. On the contrary, it actually is the most effective way of garbage disposal. All we need to do is sort our dustbins into different categories. Colour coding is also implemented for the easy separation of the waste. We can help others around to implement this too. By doing this it ease the waste management & also can prevent environmental pollution.
- Dentist can also provide knowledge about the ill effects of tobacco chewing & smoking. Spitting of the tobacco in the surrounding places & smoking in the public places will causes more deleterious effect to the environment. Avoiding bad habits will make us more healthier and make the nation more greener and cleaner.

### **How can dentist promote Swachh Bharath Yojana?**

- Providing public health education in rural areas, public areas , schools and colleges.
- Conducting CDE[continuing dental education programmes]programmes and seminars.
- Organizing road rallies and banners.

**When work is considered as one's own , then it sustain for longer duration.** This factor is also applicable in health and sanitation.

**JAI HIND**