



HIMDENT[®]
F O U N D A T I O N
A H I M A L A Y A N O R G A N I Z A T I O N



ANNUAL REPORT

2022-23



SMILING[™]
SCHOOL
PROGRAM

WWW.HIMDENTFOUNDATION.ORG

Message from the Founder

Dear Friends and Supporters,

As we reflect on another year of meaningful work at Himdent Foundation, the year 2022-2023 has been a testament to the power of community and collaboration, as we deepened our efforts through the *Smiling School Program*, extending dental healthcare to the children of Uttarakhand, and beyond, into Himachal Pradesh.

This year, our focus has been on the importance of preventive dental care, especially among young school children in government schools. These children are the future of our nation, and we recognize the critical role that early intervention plays in shaping lifelong health habits. Through our school dental health camps, we have not only treated but also educated, empowering young minds to take charge of their oral hygiene.

Our partnership with the Government of Uttarakhand's Education Department has been a milestone, allowing us to create sustainable changes in the lives of the children we serve.

The Smiling School Program is not just about addressing immediate healthcare needs—it's about building a foundation for better health in the long run. We believe that by educating children about the importance of oral hygiene, we are also engaging entire communities in the process of improving their health and well-being. This program serves as a reminder that social work in healthcare is not merely about treatment; it's about sowing the seeds of awareness and prevention for future generations.

This progress would not have been possible without the unwavering support of our partners, volunteers, and donors.

Thank you for being a part of this mission.

Together, we are making lasting change possible.

With gratitude,
Dr. Aditya Vohra
Founder, Director
Himdent Foundation

Know the Founder

Dr. Aditya Vohra, BDS, COI (Manipal), founder, director, the Himdent Foundation.

A dedicated public health dental professional with over 15 years of experience. He played a pivotal role in the Rotary funded projects across delhi ncr region for more than a decade. As Head of the Dental Clinic at the RCDM Community hospital in Delhi and Chief Coordinator of the Rotary Club of Delhi Midtown's Dental Health Outreach Program (2011–2020), Dr. Vohra spearheaded more than 600 dental camps, providing his services to over 100,000 documented patients In 2021, driven by his commitment to social impact, Dr. Vohra founded the Himdent Foundation with a vision to bring quality dental healthcare to remote and underserved communities. He chose Uttarakhand for the Foundation's pilot project, recognizing the unique challenges posed by its difficult terrain and limited healthcare infrastructure. His decision to relocate from Delhi to Dehradun underscores his unwavering dedication to improving rural healthcare. Through the Himdent Foundation, Dr. Vohra continues to expand access to essential dental services, uplifting communities in some of India's most neglected regions.



Board of Advisors



PADMA SHRI DR. R.K. BALI B.D.S., M.P.H. (USA)
EX-PRESIDENT OF THE DENTAL COUNCIL OF INDIA.

AS THE FOUNDER PRESIDENT OF THE INDIAN ASSOCIATION OF PUBLIC HEALTH DENTISTRY, HE HAS BEEN INSTRUMENTAL IN SHAPING THE FIELD.

HE HAS HELD PRESTIGIOUS POSITIONS SUCH AS HONORARY DENTAL SURGEON TO THE PRESIDENT OF INDIA AND AND HAS BEEN RECOGNISED WITH NUMEROUS AWARDS, INCLUDING THE DR. B. C. ROY NATIONAL AWARD.

HIS LEADERSHIP AND STRATEGIC VISION AS A BOARD MEMBER OF THE HIMDENT FOUNDATION ARE PIVOTAL IN ADVANCING THE ORGANISATION'S MISSION TO PROVIDE ACCESSIBLE DENTAL CARE AND PROMOTE PREVENTIVE HEALTHCARE IN UNDERSERVED COMMUNITIES.

MR. SUDHIR CHANDRA

A POSTGRADUATE IN POLITICAL SCIENCE FROM THE UNIVERSITY OF ALLAHABAD AND AN M.SC. IN FISCAL STUDIES FROM THE UNIVERSITY OF BATH, U.K., BRINGS OVER THREE AND A HALF DECADES OF PUBLIC SERVICE EXPERIENCE.

HE HELD SENIOR POSITIONS WITHIN THE GOVERNMENT OF INDIA, CULMINATING IN HIS ROLE AS DIRECTOR GENERAL OF INCOME TAX (INVESTIGATION) IN TAMIL NADU.

BEYOND HIS PROFESSIONAL ACHIEVEMENTS, MR. CHANDRA IS DEEPLY COMMITTED TO PHILANTHROPY, CONTRIBUTING TO SOCIETAL WELL-BEING THROUGH CHARITABLE WORK.

AS A BOARD MEMBER OF THE HIMDENT FOUNDATION, HE PLAYS A CRUCIAL ROLE IN ADVANCING THE FOUNDATION'S PUBLIC HEALTH AND EDUCATION INITIATIVES.



DR. SUSHIL SINGH RANA



A DISTINGUISHED EDUCATOR AND A SOCIAL REFORMER WITH OVER TWO DECADES OF EXPERIENCE IN THE PUBLIC EDUCATION SECTOR. HOLDING ADVANCED DEGREES IN ECONOMICS, ENGLISH, EDUCATION (M.ED.), AND A PH.D.

DR. RANA HAS BEEN RECOGNISED WITH SEVERAL PRESTIGIOUS AWARDS, INCLUDING THE SAILESH NAITHANI EDUCATION AWARD (2016), UTTARAKHAND RATAN AWARD (2018), ZEE TRANSFORMATION AWARD (2020), AND TEACHER OF THE YEAR AWARD (2021) BY THE CHIEF MINISTER OF UTTARAKHAND.

AS A BOARD MEMBER OF THE HIMDENT FOUNDATION, DR. RANA'S DEEP EXPERTISE IN EDUCATION SERVES AS A VITAL LINK BETWEEN THE FOUNDATION AND THE PUBLIC EDUCATION SECTOR, ENHANCING THE FOUNDATION'S OUTREACH AND IMPACT IN SCHOOLS ACROSS RURAL AREAS.

DR. TANYA KUMAR , B.D.S. M.D.S.

A DEDICATED DENTAL HEALTH PROFESSIONAL. GRADUATED FROM KLE'S INSTITUTE OF DENTAL SCIENCES IN 1997 AND COMPLETED HER MASTER'S IN 2000. SHE FURTHER SPECIALISED IN ENDODONTICS, EARNING ANOTHER MASTER'S FROM EASTMAN DENTAL SCHOOL IN LONDON IN 2002.

AS A FULL-TIME PRIVATE PRACTITIONER, DR. KUMAR BRINGS HER EXTENSIVE EXPERTISE TO THE HIMDENT FOUNDATION. HER PASSION FOR PUBLIC HEALTH DENTISTRY DRIVES HER COMMITMENT TO IMPROVING ORAL HEALTH IN UNDERSERVED COMMUNITIES.

AS A BOARD MEMBER, SHE PLAYS A VITAL ROLE IN ADVANCING THE FOUNDATION'S MISSION OF PROVIDING ACCESSIBLE DENTAL CARE AND PROMOTING PREVENTIVE HEALTHCARE INITIATIVES.



Board of Advisors

MR. AMIT PUNJ



AN ACCOMPLISHED LAWYER BRINGS A UNIQUE BLEND OF PROFESSIONAL EXPERTISE AND DEEP-ROOTED COMMITMENT TO PHILANTHROPY.

A TRAINED MOUNTAINEER AND AVID TREKKER, HE HAS EXTENSIVELY EXPLORED THE INDIAN HIMALAYAS, FOSTERING A DEEP CONNECTION WITH RURAL COMMUNITIES. BORN IN RURAL HARYANA, MR. PUNJ UNDERSTANDS THE CRITICAL HEALTHCARE CHALLENGES IN UNDERSERVED REGIONS.

HIS PASSION FOR UPLIFTING RURAL INDIA IS REFLECTED IN HIS PIVOTAL ROLE AT THE HIMDENT FOUNDATION, WHERE HE HELPS SPEARHEAD INITIATIVES TO BRING ESSENTIAL DENTAL HEALTHCARE TO REMOTE COMMUNITIES. THROUGH HIS WORK, MR. PUNJ ADVOCATES FOR THE TRANSFORMATIVE POWER OF PROFESSIONAL ENGAGEMENT IN PHILANTHROPY, STRIVING TO CREATE LASTING IMPACT IN HEALTHCARE ACCESS FOR THE MOST VULNERABLE.

MR AKSHAY KAUL

A DISTINGUISHED PROFESSIONAL IN COMMODITY TRADING, WITH NEARLY 20 YEARS OF EXPERIENCE ACROSS INDIA AND SINGAPORE.

IN ADDITION TO HIS EXTENSIVE EXPERTISE IN INTERNATIONAL BUSINESS, TRADING, AND TECHNOLOGY, AKSHAY HAS MADE SIGNIFICANT CONTRIBUTIONS TO PHILANTHROPY, ACTIVELY SUPPORTING NON-PROFIT INITIATIVES AIMED AT SOCIAL IMPACT. CURRENTLY SERVING AS THE GLOBAL HEAD OF A COMMODITY TRADING DESK.

HE IS EAGER TO LEVERAGE HIS STRATEGIC, OPERATIONAL, AND LEADERSHIP SKILLS TO FURTHER THE MISSION OF THE HIMDENT FOUNDATION. HIS DEEP COMMITMENT TO SUSTAINABLE DEVELOPMENT AND HIS EXPERTISE IN ORGANIZATIONAL MANAGEMENT WILL BE INVALUABLE ASSETS IN DRIVING THE FOUNDATION'S INITIATIVES TO ENHANCE HEALTHCARE ACCESS AND EDUCATION IN RURAL AREAS."



DR. SMITA VOHRA M.B.B.S. M.D.



A SKILLED MEDICAL PROFESSIONAL, EARNED HER MBBS FROM VMMC, SAFDARJUNG HOSPITAL, AND HER MD IN INTERNAL MEDICINE FROM PGIMER, DR. RML HOSPITAL, NEW DELHI.

WITH OVER A DECADE OF EXPERIENCE AT SOME OF INDIA'S LEADING MEDICAL INSTITUTIONS, DR. SMITA IS AWARE OF THE CRITICAL HEALTHCARE CHALLENGES FACED IN INDIA.

AS A BOARD MEMBER, HER EXPERTISE IN PUBLIC HEALTH HAS BEEN INSTRUMENTAL IN SHAPING IMPACTFUL OUTREACH STRATEGIES FOR THE HIMDENT FOUNDATION.

DR. SMITA STRONGLY ADVOCATES FOR MEDICAL PROFESSIONALS TO ENGAGE IN SOCIAL HEALTH INITIATIVES, EMPHASIZING THE URGENT NEED FOR DEDICATED HEALTHCARE EFFORTS IN UNDERSERVED REGIONS.

Dental Health Professional



DR. TANYA KUMAR B.D.S. M.D.S.

DR. KUMAR, AN ACCOMPLISHED ENDODONTIST, GRADUATED FROM KLE'S INSTITUTE OF DENTAL SCIENCES IN 1997 AND EARNED HER MASTER'S FROM EASTMAN DENTAL SCHOOL, LONDON, IN 2002.

A PASSIONATE ADVOCATE FOR PUBLIC HEALTH DENTISTRY, SHE BRINGS HER EXPERTISE TO THE HIMDENT FOUNDATION, WHERE SHE ACTIVELY TREATS CHILDREN IN REMOTE VILLAGES.

AS A BOARD MEMBER, DR. KUMAR PLAYS A CRUCIAL ROLE IN ADVANCING THE FOUNDATION'S MISSION OF PROVIDING ACCESSIBLE DENTAL CARE AND PROMOTING PREVENTIVE HEALTH INITIATIVES IN UNDERSERVED COMMUNITIES.

DR. DEEPIKA VERMA, B.D.S.

A DEDICATED DENTAL PROFESSIONAL, HAS CULTIVATED AN IMPRESSIVE CAREER ACROSS ESTEEMED INSTITUTIONS LIKE SRI GANGARAM HOSPITAL, BARA HINDU RAO HOSPITAL, ARMY HOSPITAL DELHI CANTT AND BHIM RAO AMBEDKAR HOSPITAL.

HER EXTENSIVE EXPERIENCE IS MATCHED BY A DEEP PASSION FOR SERVING THE UNDERSERVED. THROUGH HER WORK WITH THE INDIAN DENTAL ASSOCIATION (IDA) AND VARIOUS NGOS, DR. VERMA HAS BEEN INSTRUMENTAL IN PROVIDING DENTAL CARE TO ECONOMICALLY WEAKER SECTIONS (EWS), MERGING HER CLINICAL EXPERTISE WITH A STRONG SENSE OF SOCIAL RESPONSIBILITY.

A KEY CONTRIBUTOR TO THE HIMDENT FOUNDATION, DR. VERMA EMPHASISES THE CRITICAL ROLE DENTAL PROFESSIONALS PLAY IN SOCIAL WORK. HER COMPASSIONATE APPROACH AND UNWAVERING PATIENCE MAKE HER AN EXEMPLARY FIGURE.



DR. ARIB DESHMUKH B.D.S. C.O.I.

A DYNAMIC DENTIST DEDICATED TO PROVIDING HIGH-QUALITY DENTAL CARE TO MARGINALIZED COMMUNITIES ACROSS INDIA.

HE GRADUATED FROM D.Y. PATIL UNIVERSITY AND HAS COMPLETED ADVANCED TRAINING IN AESTHETIC DENTISTRY FROM NEW YORK UNIVERSITY, ORAL IMPLANTOLOGY FROM MANIPAL COLLEGE OF DENTAL SCIENCES AND MICRO-DENTISTRY FROM MUMBAI.

HE IS ALSO A FELLOW IN SPORTS DENTISTRY, REFLECTING HIS BROAD EXPERTISE.

AS THE FOUNDER AND HEAD DENTIST AT CHLOROPHYLL DENTISTRY IN MUMBAI AND MAHAD, MAHARASHTRA, HE INTEGRATES MODERN DENTAL PRACTICES WITH A STRONG COMMITMENT TO SOCIAL HEALTH INITIATIVES.

DR. DESHMUKH ACTIVELY CONTRIBUTES TO DENTAL AID PROGRAMS THROUGH THE HIMDENT FOUNDATION, FOCUSING ON RURAL AREAS.

ADDITIONALLY, HE SHARES HIS KNOWLEDGE AND INSIGHTS THROUGH HIS PODCAST AND YOUTUBE CHANNEL, MADTHERAPY SESSIONS.



DR. DHIRAJ MUKHERJEE, BDS, PGC IN ORAL IMPLANTOLOGY (MANIPAL)

HAILING FROM BURDWAN, WEST BENGAL, DR MUKHERJEE IS A DEDICATED DENTAL SURGEON WITH OVER 12 YEARS OF PROFESSIONAL EXPERIENCE. HE PRACTICES AT CITY DENTAL CARE, BURDWAN, AND SERVES AS A CONSULTANT AT BURDWAN MUNICIPAL HOSPITAL.

HE HAS BEEN AN INVALUABLE CONTRIBUTOR TO THE HIMDENT FOUNDATION SINCE ITS INCEPTION.

HIS PASSION FOR SOCIAL WORK IS EVIDENT THROUGH HIS EXTENSIVE VOLUNTEER EFFORTS IN RURAL AREAS, WHERE HE EFFECTIVELY USES HIS SKILLS TO IMPROVE DENTAL HEALTH CARE.

DR. MUKHERJEE'S COMMITMENT TO SERVING UNDERSERVED COMMUNITIES ALIGNS PERFECTLY WITH THE FOUNDATION'S MISSION TO PROMOTE ORAL HEALTH IN RURAL INDIA.



Our

MISSION

TO BE A LEADING FORCE IN TRANSFORMING ORAL HEALTH IN INDIA, ADVOCATING FOR DENTAL EDUCATION, PREVENTION, AND TREATMENT, AND ENSURING THAT EVERY INDIVIDUAL HAS A HEALTHY SMILE.

VISION

TO EMPOWER INDIVIDUALS AND COMMUNITIES IN INDIA, PARTICULARLY THOSE IN THE HIMALAYAS, THROUGH ACCESSIBLE, AFFORDABLE, AND QUALITY DENTAL CARE, PROMOTING ORAL HEALTH AND OVERALL WELL-BEING.

VALUES

COMPASSION

WE TREAT EVERY CHILD WITH EMPATHY AND RESPECT.

QUALITY

WE ADHERE TO THE HIGHEST STANDARDS OF DENTAL PRACTICE TO DELIVER SAFE, EFFECTIVE, AND BENEFICIAL CARE.

ACCESSIBILITY

WE STRIVE TO ENSURE THAT DENTAL CARE IS AVAILABLE TO ALL, REGARDLESS OF THEIR SOCIOECONOMIC STATUS.

COLLABORATION

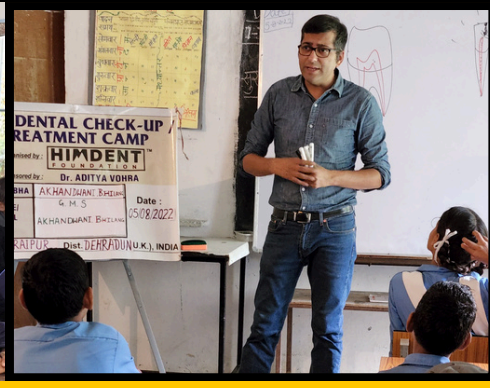
WE FOSTER PARTNERSHIPS WITH COMMUNITIES, SCHOOLS, AND HEALTHCARE PROVIDERS TO MAXIMIZE OUR IMPACT.

SUSTAINABILITY

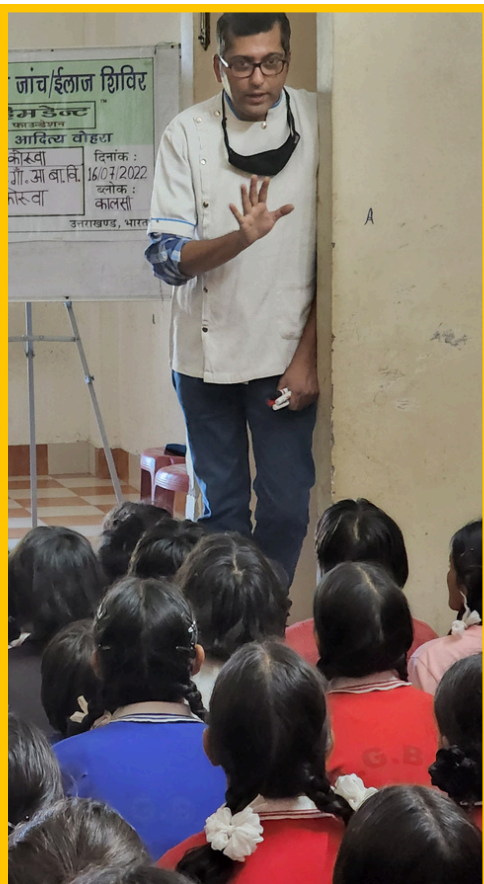
WE PROMOTE PREVENTIVE DENTAL CARE AND LONG-TERM SOLUTIONS TO ADDRESS THE ORAL HEALTH NEEDS OF OUR BENEFICIARIES.



We believe in



Prevention



By



Education



Building Partnerships

In 2022, Himdent Foundation entered into a significant MoU with the State Education Department of Uttarakhand.

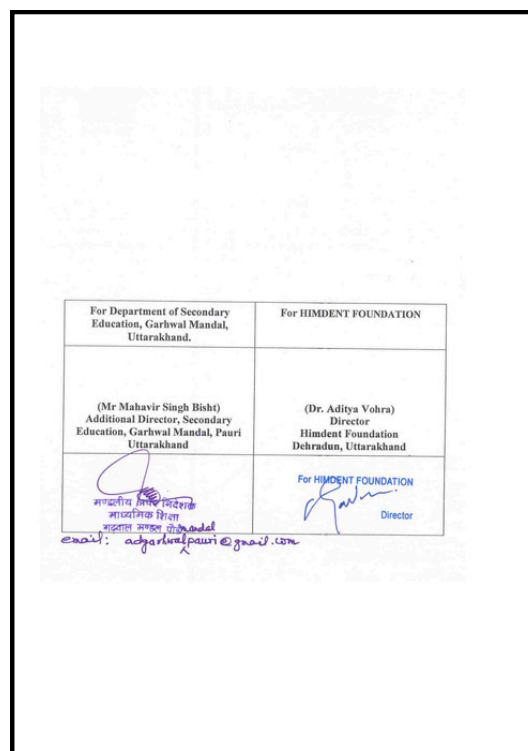
This partnership led to the launch of the **Smiling School Program**, a dedicated school dental health initiative aimed at raising awareness of preventive dental care among children.

The program has two core components:

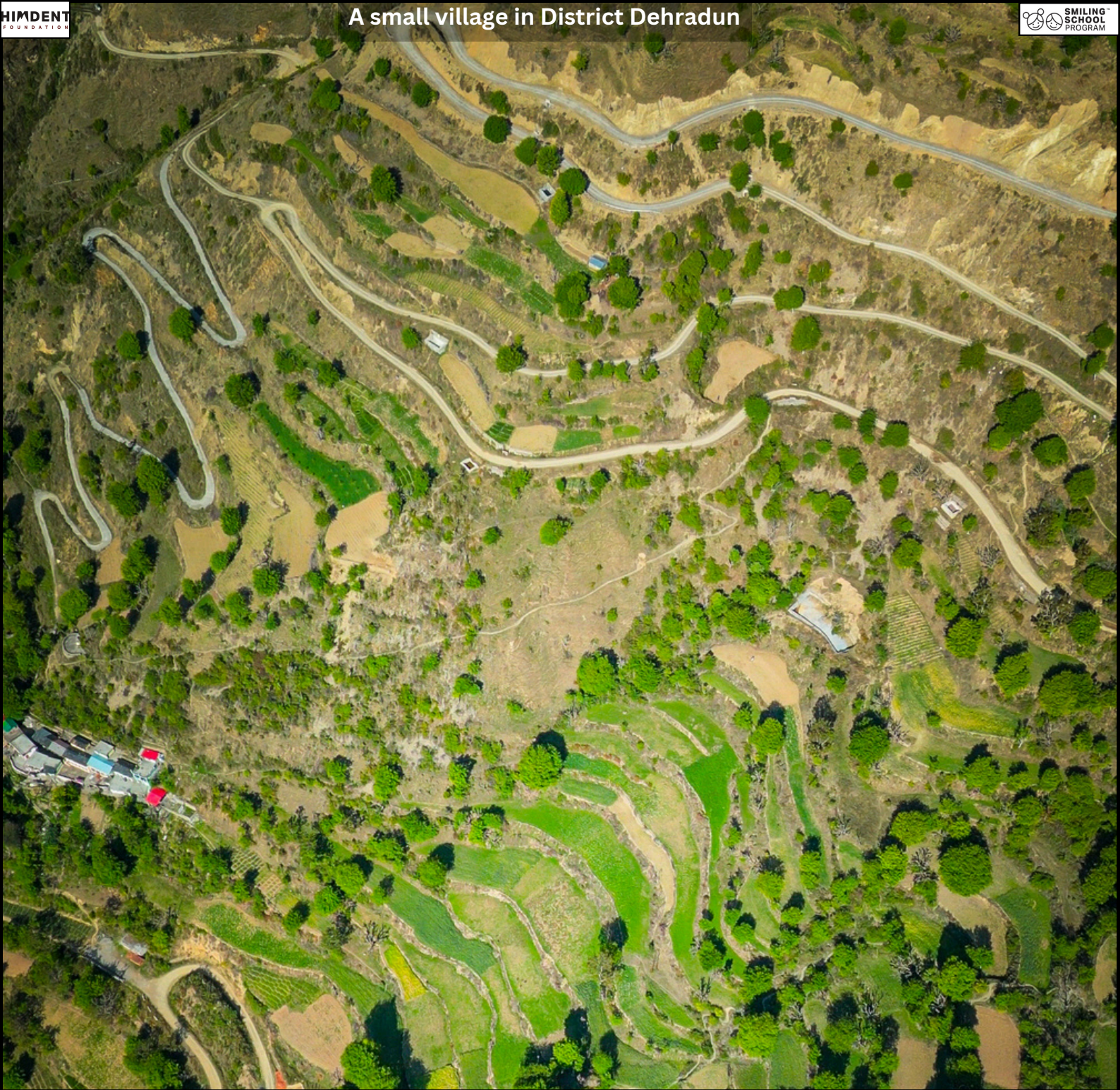
1. **Oral Health Counselling:** Using audio-visual tools and dental models, we educate children on the importance of oral hygiene.

2. **Preventive Treatment:** Children attending the counselling sessions receive restorative care, using gold-standard materials to ensure the longevity and effectiveness of the treatment. Schools with high decay rates will receive annual follow-ups to reinforce good oral hygiene practices.

Through this program, Himdent Foundation is committed to empowering children with the knowledge and care they need for lifelong dental health.



**SMILINGTM
SCHOOL
PROGRAM**

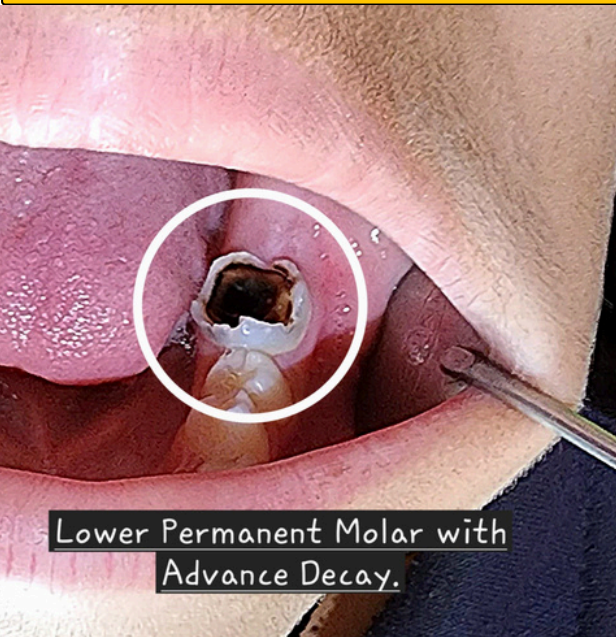


Covering even the smallest villages under the Smiling School Program is essential for equitable access to preventive dental care. These remote areas face challenges like isolation, limited healthcare, and low awareness of oral hygiene.

By reaching underserved villages, Himdent Foundation ensures that every child, regardless of location or school strength, receives crucial dental care and education.

This proactive approach helps prevent oral diseases, fosters lifelong healthy habits, and bridges the healthcare gap for even the most marginalized communities, contributing to a healthier future for rural populations.

Issues we found



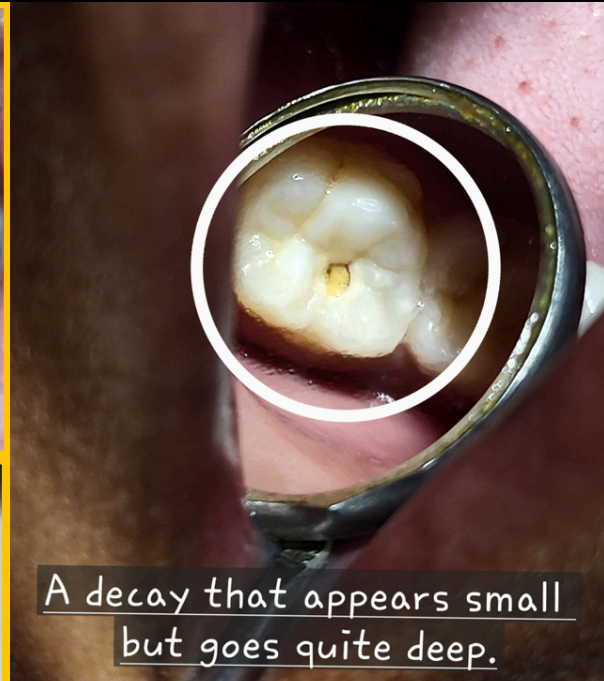
Lower Permanent Molar with Advance Decay.



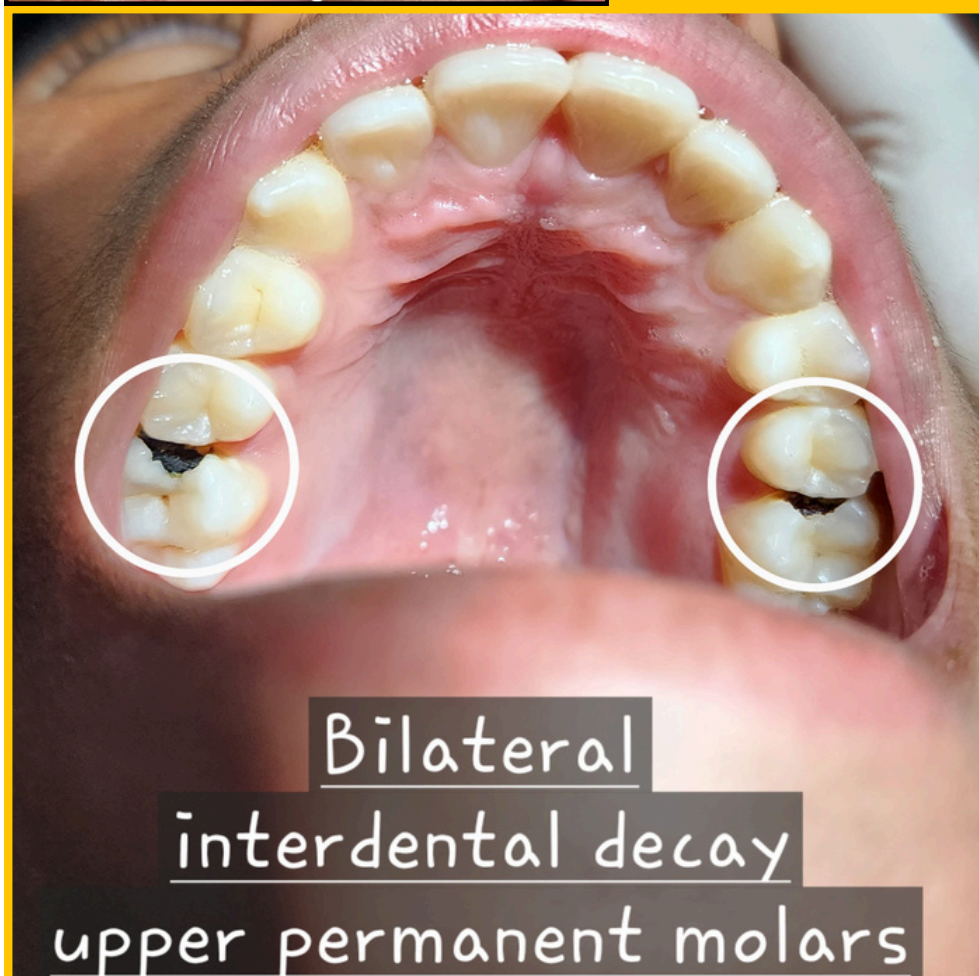
Bilateral advance decay in Permanent Molars



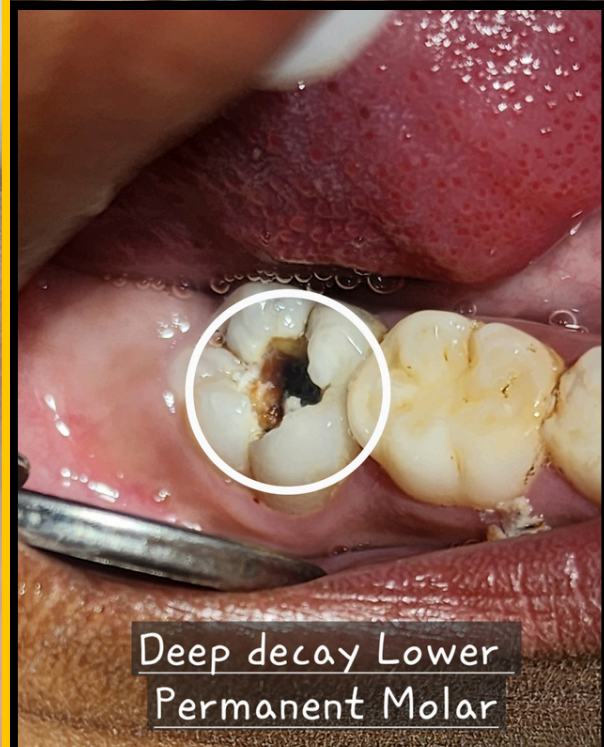
Deep Decay in upper molar with food lodgement.



A decay that appears small but goes quite deep.

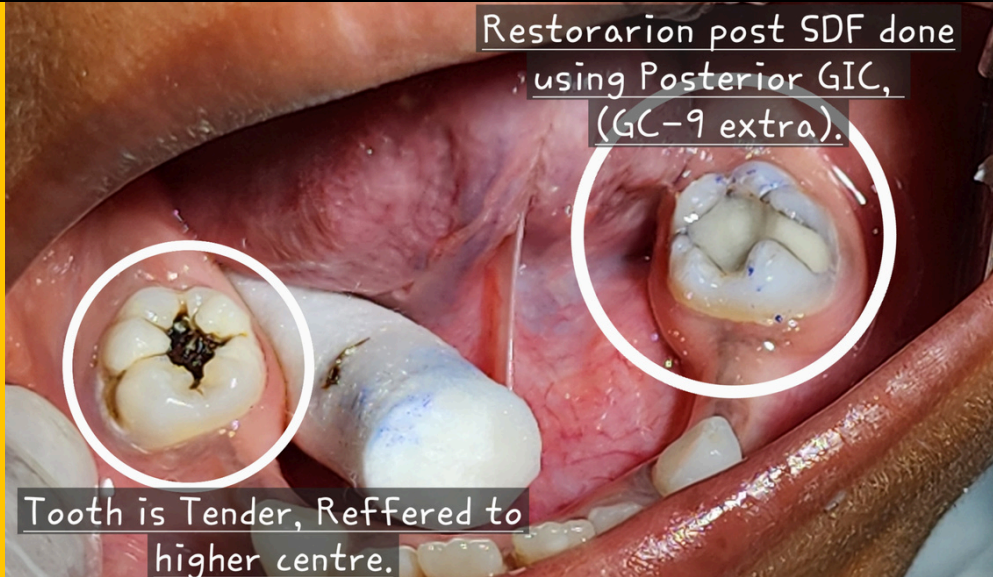


Bilateral interdental decay upper permanent molars



Deep decay Lower Permanent Molar

How we helped



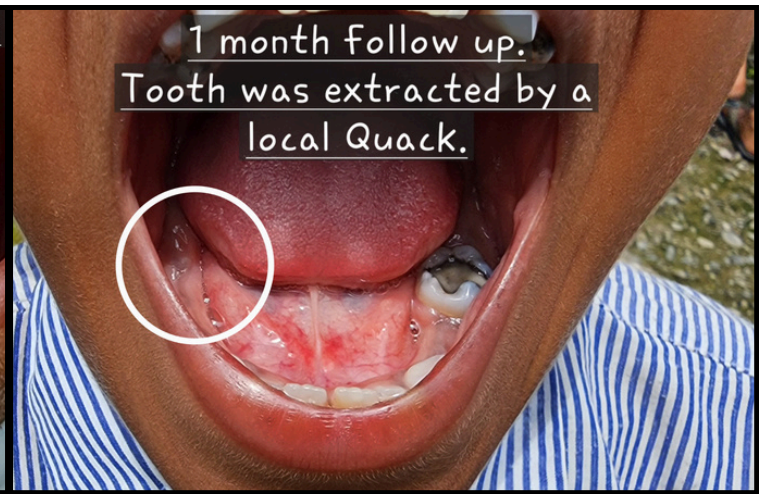
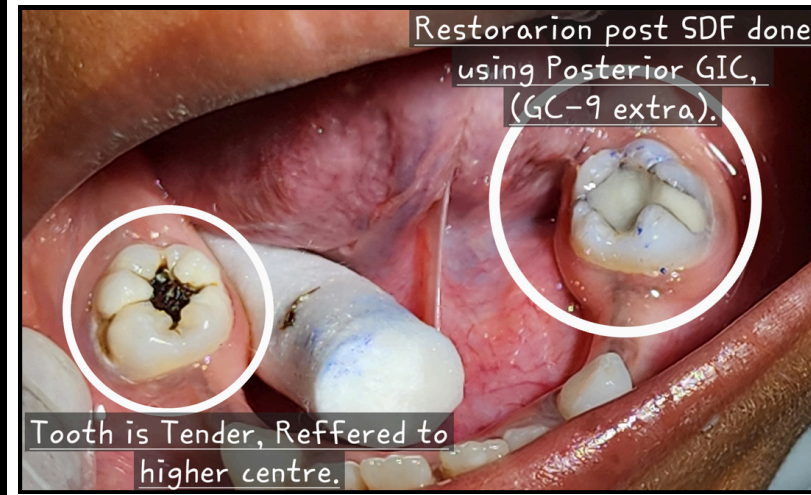
Why it is important

Restoring tooth decay is crucial, especially in underserved areas where a lack of awareness and resources often means dental issues go untreated.

Without timely intervention, decay progresses to a point where conservative treatment is no longer an option, leading to the need for complex and costly procedures. In many cases, this results in tooth extraction, which could have been easily avoided with early care.

By addressing decay early, we can not only save teeth but also prevent the pain and complications that come with more advanced dental issues, offering a far more sustainable solution for long-term oral health.

A case which exhibits the above concern.





Impact 2022-23

In 2022-23, we focused our efforts primarily on expanding the Smiling School Program, an initiative designed to bring preventive dental health education and treatment to schoolchildren in collaboration with the State Education Department of Uttarakhand.

We provided dental check-ups, preventive treatments, and oral health counselling to students and teachers. The results were eye-opening, and the urgent need for preventive care among children became clearer than ever.

Total numbers of check-ups conducted: **1030**

Total numbers of individual treatments rendered: **1160**

Total numbers of villages covered: **105**

Total numbers of schools engaged: **31**



BUILDING ON OUR PROGRESS

AS WE REFLECT ON THE INSIGHTS GAINED IN 2022-23, ONE THING IS CLEAR:

DENTAL DECAY REMAINS A WIDESPREAD AND PRESSING ISSUE, PARTICULARLY IN RURAL REGIONS WHERE AWARENESS AND ACCESS TO CARE ARE LIMITED.

MANY OF THE CHILDREN WE ENCOUNTERED HAD ADVANCED DENTAL PROBLEMS THAT COULD HAVE BEEN EASILY PREVENTED THROUGH EARLY INTERVENTION. THIS UNDERSCORES THE CRITICAL IMPORTANCE OF OUR MISSION AND STRENGTHENS OUR RESOLVE TO ACT SWIFTLY AND EFFECTIVELY.

LOOKING AHEAD,

WE AIM TO EXPAND THE REACH OF THE SMILING SCHOOL PROGRAM, MAKING PREVENTIVE DENTAL CARE AND EDUCATION MORE ACCESSIBLE TO CHILDREN ACROSS RURAL INDIA. OUR GOAL IS NOT ONLY TO STUDY THE PREVALENCE OF DENTAL HEALTH ISSUES IN THESE COMMUNITIES BUT, MORE IMPORTANTLY, TO TAKE IMMEDIATE AND IMPACTFUL ACTION. BY CONTINUING TO PARTNER WITH SCHOOLS AND LOCAL COMMUNITIES, WE WILL EMPOWER CHILDREN WITH THE KNOWLEDGE AND CARE THEY NEED TO MAINTAIN LIFELONG ORAL HEALTH.

WE ARE COMMITTED TO SCALING OUR EFFORTS, ENGAGING MORE SCHOOLS, AND TOUCHING MORE LIVES IN THE YEARS TO COME. THE ROAD AHEAD IS LONG, BUT WITH THE CONTINUED SUPPORT OF OUR PARTNERS, DONORS, AND COMMUNITIES, WE ARE CONFIDENT THAT WE CAN CREATE A LASTING IMPACT ON THE DENTAL HEALTH LANDSCAPE OF RURAL INDIA.

THANK YOU FOR BEING PART OF OUR JOURNEY.