



# Message from the founder

Dear Friends, Supporters, and Partners,

It is with immense gratitude that I present the annual report for 2023-2024, reflecting another year of dedicated service at the Himdent Foundation. Since our inception in 2021, we have been unwavering in our mission to provide essential dental healthcare to marginalized communities in rural India. This past year has been no different, as we continue to expand our efforts, bringing preventive and restorative dental care to the most underserved populations, especially the children of rural Uttarakhand and Himachal Pradesh.

## The Smiling School Program: A Beacon of Change

2023-2024 has been a remarkable year for the Smiling School Program, which remains at the heart of our initiatives. The program has seen phenomenal growth and enthusiastic response from students, parents, and teachers alike. Through this initiative, we are not only addressing the immediate dental needs of children in rural schools but also instilling lifelong habits of oral hygiene and health awareness.

Our work has revealed a pressing and consistent issue across the populations we serve: untreated dental decay. This is especially prevalent among children, where the lack of timely intervention leads to pain, suffering, and the eventual loss of function in the affected teeth. Without access to basic treatment, what begins as preventable decay often advances into debilitating conditions.

Through our school-based camps, we have been able to identify these issues early and provide reliable and safe treatment. This early intervention has helped avert further dental complications, alleviating pain and preserving the oral health of countless children. Our efforts have made a tangible difference, bringing both relief and awareness to the communities we serve.

## Expanding Our Reach: A Community Effort

As the Himdent Foundation grows, we remain committed to extending our services to more and more people across rural India. Our vision is clear: to create a future where dental health services are available to all, regardless of their location or socioeconomic status. To achieve this, we recognise the vital role of community involvement.

This year, we have focused on nurturing a spirit of volunteerism, encouraging individuals—both dental professionals and laypeople—to join us in this journey. By building a strong volunteer base, we aim to scale our outreach efforts, reaching more villages, more schools, and more individuals in need of our services.

With gratitude,  
Dr. Aditya Vohra  
Founder, 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 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. Raised 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 Professionals



**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.

## 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.

शिक्षार्थं आडुष्टं ।  
सेवार्थं जाडुष्टं ॥

आज के समय परिलक्षित है 100वीं की बरस में  
एक नए जमाने का उदय किरी वर उदय के दिन है ।

A Remote school in District Tehri  
Uttarakhnad.

## 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.



## Philanthropy in Medical vs. Dental Health Outreach in Rural India

**Philanthropy in healthcare often prioritises medical outreach, leaving dental health overlooked despite its significant impact on overall well-being. This gap is especially concerning in rural India, where untreated dental issues can lead to pain, infections, and systemic health problems.**

### **Key Points:**

- 1. Overlooked Dental Care:** While general medical issues get attention, oral health is often ignored, though 80% of rural children suffer from untreated decay.
- 2. Health and Education Link:** Poor oral health leads to absenteeism in schools and reduced productivity in adults.
- 3. Preventable and Cost-Effective:** Most dental problems are preventable with timely care, making dental outreach an efficient and impactful investment.
- 4. Rural Challenges:** Lack of infrastructure, awareness, and professionals make access to dental care difficult in rural areas.

### **Conclusion:**

**Dental outreach is essential for improving health outcomes in rural India. Philanthropy must recognize the importance of oral health and invest in preventive care to enhance community well-being.**





We do





# What We do



# Because



# SMILES MATTER

# Roads or no Roads

Our team reached its destination, a remote school in District, Nainital in Uttarakhand state.

A 2 km uphill trek through dense jungle took 3 hours with all the equipment.



# Why prevention ?



## The Importance of Preventive Dental Health

Preventive dental care is the cornerstone of long-term oral health, particularly in rural areas where access to professional dental services is limited. It includes regular cleanings, fluoride treatments, and early interventions to stop decay before it becomes severe. When preventive care is prioritized, it helps avoid painful and costly dental procedures later on.

### Why We Need Preventive Dental Health:

- 1. Early Detection:** Regular checkups catch problems before they worsen, reducing the need for complex treatments.
- 2. Cost-Effective:** Preventive care is far less expensive than treating advanced dental issues like root canals or extractions.
- 3. Improves Quality of Life:** Good oral health improves eating, speaking, and overall well-being.

# Why prevention ?



## Consequences of Neglect

- **Infections and Pain:** Neglecting dental care leads to infections, tooth loss, and chronic pain.
- **Impact on Overall Health:** Poor oral health can contribute to heart disease, diabetes, and other systemic conditions.
- **Educational Disruption:** For children, untreated dental issues result in school absenteeism and difficulty focusing.

Preventive dental health is not just a matter of comfort—it's a vital component of a healthy, productive life. Investing in it now means a healthier future for all.



## Impact 2023-24

This year, the Himdent Foundation made significant strides in expanding the Smiling School Program, reaching some of the most remote regions of Uttarakhand. Our primary focus was on promoting preventive dental care, particularly in underserved areas where access to oral health services is minimal. Through this initiative, we witnessed firsthand the consequences of neglecting oral health, with many children suffering from advanced decay and related issues. By providing on-the-spot preventive treatments and raising awareness, we've not only improved immediate dental health but also laid the groundwork for long-term wellness in these communities.

**Total number of check-ups conducted: 1170**

**Total number individual treatment rendered: 1220**

**Total number of villages covered: 110**

**Total number of schools covered: 30**

# Looking Ahead

## A Future Rooted in Prevention and Care

Our journey has been both challenging and rewarding. As we look toward the future, we remain steadfast in our belief that prevention is the key to long-term health. Early education about oral hygiene, combined with timely intervention, can save countless individuals from the suffering caused by preventable dental diseases.

We have learned valuable lessons along the way, and each year brings new insights that help us refine our approach. Moving forward, we aim to deepen our impact by not only expanding our geographical reach but also enhancing the quality and sustainability of the services we provide.

None of this would have been possible without the unwavering support of our partners, volunteers, and donors. Your belief in our mission has driven us to push boundaries and dream bigger. Together, we will continue to make dental healthcare accessible to the farthest corners of our nation, ensuring that every child, every family, has the opportunity to live a healthy, pain-free life.

Thank you for being a part of this journey.