



Sports Dentistry and Sports Management Integration and Collaboration for Athlete Betterment

Sneha Divekar*

National Sports Dentistry Committee, India

***Corresponding Author:** Sneha Divekar, National Sports Dentistry Committee, India.

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Dr. Sneha Divekar Short Intro

- Dr Sneha is practicing dentistry from 17yrs and as Consultant Sports Dentist since 7 years. She runs private Practice at Dental Fitness and Polyclinic at Karve Nagar, Pune which is a “Cosmetic Dentistry and Sports Dentistry Centre” with all multi-speciality medical and dental specialists visiting the clinic. She is the Consultant Sports Dentist at Vmax High Performance Centre, Pune.
- Dr Sneha is a FACULTY as a ‘Sports Dentist’ at Institute of Sports Science and Technology (ISST), Pune since 2018. She is a PIONEER OF SPORTS DENTISTRY IN INDIA and began a first course for Sports Dentistry in India for Indian dentists. She runs a Hybrid course called Masters Programme in Sports Dentistry.
- She is the Founder and Director of National Sports Dentistry Committee, a non-profit dental organization, under the Indian Society of Sports and Exercise Medicine. The mission and vision of the organization is to increase awareness about athlete dental care among the dentists, sports professionals and athletes and coaches and they have conducted many programs for both dentists and athletes across the country.
- She has AUTHORED a Chapter “Sports Dentistry for Children and Adolescents” in a textbook “Pediatric Dentistry – Principles and Practice” which got published in October 2022.
- Her name was selected in “40 PASSIONATE WOMEN LEADERS IN HEALTHCARE UNDER 40” by Insight Care for her remarkable work in sports dentistry. In 2024, she has received the Dental

Icon Award 2024 as PIONEER OF SPORTS DENTISTRY. In Jan 2025, she was nominated as “EDUCATOR OF THE YEAR” in 2025 at the FAMDENT awards for innovatively bringing and teaching the new subject of Sports Dentistry in India.

Introduction

Sports dentistry is an emerging field focusing on the prevention, treatment, and management of oral health issues in athletes. There is a growing importance of all fields of sports science and sports medicine for improvement of athlete overall health and performance. With India’s decision to host international sports events and the desire to have a substantial increase in the medal tally, the importance of integration of various healthcare disciplines has come to the forefront. Part of the role of the sports medicine doctors is to help prepare elite athletes to reach the peak of their performance at the critical time, so that they win the event they have been preparing for. However, Sports Medicine doctors have very little knowledge about oral health and the implications of poor oral health on athletic performance. Sports Dentistry is a relatively new exciting branch of sports medicine which offers an increasing importance to Sports Medicine. Sports Dentistry is defined by the International Dental Federation (FDI) as an area “focused on preventing and treating oral cavity and stomatognathic system pathologies and injuries that arise from sports activities”. This is even more relevant based on the alarming levels of oral deterioration and oral health literacy reported among athletes over the past years which deteriorates and affects their performance.

Thus, it is high time that a detail analysis is made as to how sports dentistry can be integrated into sports events at various levels in the country. A study of what is happening in terms of oral healthcare services at international sports events will help us gain understanding of what similar plans we can execute in India right from grassroot to the national level. How sports managers or sports management organizations and in general sports organizations can help integrate athlete oral health at various levels should be planned and discussed so that such activities can be planned in collaboration with dentists, sports administrators and sports science and medicine professionals. How CSR funding can help sports dentistry organizations achieve their goals of executing dental screenings, providing mouthguards and performing dental treatments at subsidized rates is an important point of discussion. In the end, we will discuss actual examples of National Sports Dentistry Committee, which is a national organization on sports dentistry under the Indian Society of Sports and Exercise Medicine. This organization has been conducting various events for athletes across the country and we will touch upon examples as to how Sports Management can join hands with Sports Dentistry for better oral health and general health of athletes.

Importance of sports dentistry integration into sports events by sports managers

Sports dentistry plays a crucial role in sports management events by focusing on the prevention, treatment, and management of oral health issues in athletes.

- It emphasizes the importance of oral health in athletic performance, addressing the high prevalence of dental issues among athletes due to factors like diet and training intensity
- Sports dentists work collaboratively with sports medicine teams to provide comprehensive care, including the use of mouthguards and preventive treatments to reduce the risk of dental injuries.
- Initiatives like NSDC Dentist and Sports Volunteer Programs taken by National Sports Dentistry Committee aim to educate athletes and dental professionals about the link between oral health and performance, promoting education and collaboration at major sporting events.
- The role of sports dentists extends beyond injury prevention; they also contribute to the overall health management of athletes, ensuring they can perform at their best.

To compete successfully, at any level of sport, participants need to be well-trained, injury-free and healthy. Elite athletes, in particular, differ from the general population due to their greater levels of physical function, psychological function and perceived health. They rely on physical activity for their livelihood; therefore, the consequences of injury and illness are considerable. Elite athletes with oral health problems have consistently reported associated impacts on outcome measures, such as wellbeing, quality of life, training and performance. Problems such as acute dental infections or orofacial trauma can lead to time lost from training or competition but are reported infrequently. However, psychosocial impacts, including athlete-reported difficulties with eating, drinking, sleeping, relaxing and confidence, which have the potential to affect training quality, are more reported more often.

Oral diseases can be prevented with simple interventions that have been proven to be effective. Screening that allows early recognition of disease is well-established in healthcare as the first step in prevention of disease and promotion of positive health behaviours. Thus, integration of sports dentistry into sports management enhances the overall wellbeing and performance of athletes, making it an essential aspect of sports medicine.

Current observation protocols in sports dentistry

In 2023, the European Association for Sports Dentistry (EA4SD) and the Academy for Sports Dentistry (ASD) in the USA, proposed a Universal Screening Protocol for Dental Examinations in Sports (USPDES). The USPDES is an inclusive protocol, comprises six sections and results in a final color-based (defined as green as “no pathological and/or functional findings”, yellow as “presence of at least one pathological or functional findings” and red as “multiple severe pathological and/or functional findings”) categorization that will render an eligibility authorization to practice sports based on a comprehensive and mostly oral-based inspection.

The four main goals of USPDES were: (i) to be brief and quick; (ii) to allow collecting the maximum amount of data about the overall health status of the stomatognathic system as well as to provide a more efficient version of data collection; (iii) to include basic information about the oral health conditions that will benefit the athlete and team; (iv) to adopt the instructions and codification of the FDI. Screening/early recognition of disease is well established in health care. Use of standard clinical indices such as the International Caries Detection and Assessment System

(ICDAS), the Basic Periodontal Examination (BPE) and the Basic Erosive Wear Examination (BEWE) encourage greater clarity when reporting prevalence of disease for epidemiologic studies and when providing athlete feedback regarding individual risk.

Solutions for integrating dental screening and oral hygiene maintenance for athletes before and during sports events

As part of their pre-season preparation, elite athletes routinely undergo a periodic health examination (PHE) and the inclusion of regular oral health evaluation was recommended by the International Olympic Committee as far back as 2009. The PHE aims to assess each athlete's current health status and identify their risk of future injury or disease. For many elite athletes, the PHE may be their initial contact with medical (and/or dental) personnel, and can also provide an opportunity for brief preventive interventions. Best practice in elite sport should filter down through all levels and this could encourage regular oral health checks related to the sporting environment. The PHE should ideally take place with enough time to manage any injuries, or medical or oral health problems well before the competition season starts. Furthermore, oral healthcare should be provided on a continuous basis and not, for example, just in the run up to and during major competitions.

Frequency of screening

As per Federation Dentaire International: Athletes should undergo dental screening at least once a year for amateur athletes and twice a year for elite athletes. This frequency is recommended to ensure that dental issues are detected and treated promptly, which can prevent further complications and maintain optimal athletic performance. Regular dental check-ups are essential for athletes to address any dental health concerns that could impact their performance and overall well-being.

Venue of screening

Athletes are a group who could benefit from an oral health screening program carried out at their place of training. Many athletes ignore symptoms associated with overuse injuries and continue to train and compete despite the presence of pain and reduced function; therefore, it is not surprising if they also disregard symptoms associated with oral health problems. When asked, two-thirds (62.1%) of elite and professional athletes reported that convenience was the most important factor to consider when

arranging dental visits. In one research project, where oral health screening was offered to elite and professional athletes, eight out of ten attended. The PHE often takes place for a whole cohort at an athlete training venue and comprises a series of individual examinations/screening tests. It is therefore entirely possible for a relatively rapid oral health screening to be included.

Protocols for dental screening of athletes at venues

Athletes and their support team appreciate the convenience of oral health screening provided at athlete training venues. If the screening is undertaken away from a dental surgery, then a suitable room at the facility is required to ensure privacy and confidentiality for each athlete. As in the dental surgery, athletes should be examined in a fully supine position, and the dentist and assistant should be seated comfortably. A treatment bench is usually available if physiotherapy or other medical services are provided at the venue. Otherwise, a portable massage table can be brought. Adequate illumination is essential and can be provided from a mobile examination lamp or head torch. Figure 1 shows an oral health screening set up at a training venue. Ideally, compressed air from a portable dental unit would be used to dry the teeth, otherwise cotton wool rolls may be used. A high standard of infection control is essential. Surfaces should be disinfected and personal protective equipment changed between each athlete examination. A fresh set of sterile single-use instruments should be used for each athlete and protective eyewear should be provided for the athletes during examination.

These are basic protocols that need to be followed at each and every sporting venue/academy/ organization in the country. The types of athlete dental set-ups and services at sporting events vary a lot depending upon the level of the event and the amount of sports science and sports medicine integration overall seen in the event.

Oral care kits for athletes

Athletes should consider the following oral care essentials to maintain a healthy smile and support their performance. They should carry the following things to all their venues:

- **Oral Hygiene Essentials:** Carry toothbrushes, fluoride mouthwash and other oral care products as recommended by the sports dentist or your general dentist to maintain oral hygiene on the go. The athlete should learn the correct technique of brushing and flossing from the dentist.

- **Hydration:** Stay hydrated to combat dry mouth, which can increase the risk of dental injuries, cavities and teeth erosion. If already facing a problem of dry mouth, along with water, the athlete might need to carry any saliva lubricant or dry mouth rinse recommended by the sports dentist.
- **Nutrient-rich snacks:** The athlete should always try to opt for fruits and vegetables to help clean teeth naturally and help support overall health. Elite athletes or those who train intensely or are part of heavy or long competitions must get their diet chart tailor-made with the help of a sports nutritionist and with certain inputs from a sports dentist.

These oral care kits are designed to fit seamlessly into an athlete's daily routine, ensuring they can maintain a healthy smile and perform their best.

Emergency/First Aid Dental Kit for

- **Mouthguards:** Essential for protecting teeth and jaws from impact during sports activities. Choose the right type based on the sport and individual needs.
- **Tooth preservation Solutions:** Saline or cold milk can be used to keep a knocked-out tooth moist until professional help is available.
- **First-aid Supplies:** Cotton/cotton rolls, gauze, scissors, intra-oral disinfectant rinse or solution, and material for temporary dental repairs for lost fillings or crowns.

[More things can be added to these 2 lists/kits with the consultation of the sports dentist].

Recommendations and sports dentistry inclusions at international sports events

The dental health of athletes is often poorer than that of the general population, and may result in acute or chronic problems that can compromise an athlete's performance. The possibility of an athlete losing four hard years of training due to an avoidable dental illness or injury is unacceptable, and steps must be taken to prevent these occurrences. Access to adequate dental care is compromised in certain parts of the world, and a disproportionate amount of treatment has been sought at the Olympic Games by athletes from Eastern Europe and, in some cases, African nations. Further assessment of this problem must take place, and a system to help educate and deliver a better level of care to these athletes,

through their NOCs, must be developed. A partnership with global bodies, such as the International Society for Dentistry and Sport, might help with this initiative.

Games organizers must establish dental programs that best meet the needs of the athletes, using the recommendations included in this report which are based on trends in the dental service that have been identified over the last 30 years.

These include:

- Providing both emergency and elective dental treatment;
- Performing more permanent and less temporary restorations;
- Retaining more teeth and extracting fewer;
- Having hygiene services available;
- Providing screenings and necessary radiographs;
- Opening the clinic during hours that work best for the athlete;
- Ensuring that elective dental treatment is prioritized for the athletes.

Sports dentistry inclusion at national level and grassroots level events

Sports dentistry services at sports events in India are essential for athletes to maintain their oral health and perform at their best. Here are some key services offered by dental professional at sports events:

- **CustomMade Mouthguards:** Designed by dentists for each individual sport, these mouthguards protect the head, mouth, eyes, nose, neck, bones of the face, teeth, cheeks, lips and brain.
- **Emergency Dental Care:** Dentists provide immediate care for dental injuries sustained during sports events.
- **Oral Health Education:** Dentists educate athletes, coaches, and parents about the importance of good oral health and its impact on performance.
- **Mentorship and Support:** Dentists offer mentorship and support to athletes and professionals in sports dentistry.

Research and collaboration

Dentists participate in research and collaborate with national and international organizations in sports dentistry.

These services are crucial for athletes to prevent dental injuries and ensure their smile is as strong as their game. Athletes can find dental care at sports events through platforms like National Sports Dentistry Committee.

Lack of dental awareness and solutions for dental services at grassroot sports level

Need for dental screenings in younger athletes

- **Preventive Measures:** Dental screenings can identify and prevent dental issues before they become serious, ensuring athletes maintain their performance levels.
- **Performance Impact:** Poor oral health can lead to pain, infection, and systemic issues that may hinder athletic performance. Regular screenings can help athletes avoid these problems.
- **Dietary Considerations:** Athletes often consume energy drinks, sports gels, and carbohydrate-rich foods, which can be highly acidic and sugary, increasing the risk of tooth decay and erosion.
- **Injury Prevention:** Dental injuries, such as chipped or fractured teeth, knocked-out teeth, and soft tissue injuries, can occur during sports. Regular checkups can help spot early signs of wear and tear, gum inflammation, or cavities.
- **Mental Health:** Dental health is closely linked to mental health, and neglecting oral health can lead to stress-related issues. Regular screenings can help address these concerns.

By incorporating dental screenings into their routine, young athletes can ensure they are not only performing at their best but also maintaining their overall health and well-being.

Thus, to help athletes deal with all these problems at a younger age and prevent development of further oral health diseases, regular intervention by the sports dentist is essential.

That is why, a team dentist is needed at all levels of sports, whether it is grass root sports or international level games. Hence, it is advisable for the sporting community to have sports dentistry centers all over the various cities across India identified for a quick

approach when needed. Millions of rupees are spent every year in treating dental trauma injuries caused due to sporting accidents. However, in India, only a few athletes wear mouthguards to prevent these injuries. In India, dental procedures regarding Sports Dentistry should be performed at reasonable costs with best of quality at various dental clinics situated in different cities. This is the aim of organizations like National Sports Dentistry Committee to keep a holistic approach for athletes' oral health.

Targeting younger athletes for dental awareness through schools

It is important to reach young budding athletes, particularly at primary schools. Pupils need to acquire knowledge and skills that facilitate a healthy lifestyle and help them cope with social and peer pressure. Children are empowered to take control over their own health early in their lives and are encouraged to develop positive attitudes toward preventive measures. This is particularly crucial when they reach adolescence when they are challenged and exposed to risk factors such as tobacco and alcohol use and poor dietary practices. They become more mobile and travel independently in motor vehicles and bicycles, and engage more in sports and other high-risk activities that are more prone to craniofacial injuries. They may begin to experiment with sexual practices during this period, potentially subjecting themselves to infections that predispose to general and oral health problems. School policies and physical environment are also imperative in the attainment of optimal health. Policies on diet, particularly in relation to sugars and carbonated drinks, are necessary to enable the canteen and tuck shops to promote healthy eating and sensible sugar intake.

Schools can provide a supportive environment for promoting oral health like the tooth brushing activities in schools. A safe physical environment in the playgrounds, and indeed throughout the school to reduce the risk of dental trauma with appropriate policies and practices to save the traumatized tooth/teeth, avoiding tooth loss and associated problems in later life. School policies and practices on healthy diet that ensure healthy foods and drinks, restraint on sugar intake, serve to promote healthy dietary behaviors from an early age. More importantly, schools may be the only place for children, who are at the highest risk of dental disease, to have access to oral health services. This is particularly true in India where children from deprived families have limited

access to dental clinics. With adequate training, school teachers can play an important role in oral health activities.

Dental care services offered at School Level

- **Dental screening for identification of high risk:** Organizing oral health check-ups for caries and identification of high-risk students at or near school sites enables students to more easily access oral care in a safe environment, usually at minimal or no cost to students and their families.
- **Play safe:** Playing smart is a must to prevent oral and physical injuries by wearing appropriate protective gear like mouth-guard and headgear for contact sports i.e. football, basketball, hockey, wrestling, skating and volleyball. School personnel can also be taught how to recognize and manage common oral emergencies that occur on the playground or oral manifestations of possible abuse and neglect – ensuring that students receive appropriate professional care.
- **Counseling, Psychological and Social Services:** Increase awareness that oral health impacts self-esteem and this affects both learning and social interactions to help children who are self-conscious or bullied about their teeth or appearance. It would be helpful to meet families to discuss such issues about corrective orthodontic treatments.
- **Tobacco counselling and awareness:** Establish policies on tobacco use because the use of tobacco, alcohol and other substances has been linked to oral health problems, programmes that discourage students' use of these substances can positively impact their oral health.
- **Application of fluoride:** Fluoride mouth rinsing or use of fluoride tablets may be a reasonable procedure students age six or older who are at high risk for dental cavities. Application of fluoride varnish, a film of fluoride that can be painted on teeth quickly 2-3 times a year to stop caries in child at high-risk.
- **Dental sealants:** A protective coating placed on the biting surfaces of teeth to seal the grooves, is another service that helps reduce dental decay in school-age children. Children who received sealants have 60% fewer new decayed pit and fissure surfaces in back teeth for up to 2 to 5 years after a single application. Among children, 90% of decay is in pits and fissures.

- **Train the school nurses and other staff:** So that they can share information with parents when the child has a severe problem and must be referred for further treatment or secondary prevention for cavities; malocclusion; dental restorations needed due to remineralization of non cavitated, demineralized tooth surfaces; Temporomandibular joint (TMJ) issues, congenitally missing teeth, ectopic eruption etc.

Dental care awareness in coaches and sports professionals

The trend in the country and attitude towards dental care is slowly changing, especially among coaches and sports professionals, thanks to efforts taken by organizations like National Sports Dentistry Committee. Dentists need to collaborate and make coaches and sports professionals aware about many aspects regarding athlete dental care. They are now increasingly recognizing the importance of dental care in athletes' performance and overall health. Here are some key points regarding their awareness:

- **Increased Awareness:** There is a growing recognition of the link between dental health and athletic performance, with many coaches and professionals understanding the need for dental care in athletes.
- **Education and Training:** Coaches and sports professionals are being educated on the importance of dental care, first aid for oro-facial trauma, and the use of mouthguards to prevent dental injuries.
- **Collaboration with Dentists:** There is a growing collaboration between coaches, athletes, and dental professionals to ensure that athletes receive comprehensive dental care that supports their performance and recovery.
- **Public Awareness:** There is a push for public awareness regarding the benefits of dental care in sports, with efforts to educate parents, athletes, and the general public about the importance of dental health in sports participation. nting dental injuries and ensuring the overall well-being of athletes.

The increasing awareness and education of coaches and sports professionals in dental care are crucial for preventing dental injuries and ensuring the overall well-being of athletes.

Key recommendations for athlete dental screenings at sports events at ALL LEVELS across India

Irrespective of whether it is a district level, state level or national level sports event, certain key recommendations should remain the same at all levels. Schools, colleges, sports academies and sports organizations should collaborate with Sports Management Organizations in different cities and Sports Dentistry Organizations like the National Sports Dentistry Committee and execute these recommendations, whether it is preventive screenings, mouthguard use or regular dental treatments.

- **Preventive Dental Checkups:** Conduct regular dental checkups for athletes to identify and address any oral health issues before they become serious.
- **Mouthguard Use:** Ensure that athletes wear properly fitted mouthguards to protect their teeth and facial structures during sports activities.
- **Regular Dental Treatments:** Schedule regular dental treatments, including cleanings, fillings, and check-ups, to maintain optimal oral health.
- **Educational Programs:** Participate in educational programs and workshops on sports dentistry to learn about the importance of oral health and its impact on athletic performance.
- **Collaboration with Sports Dentists:** Work closely with sports dentists to ensure that athletes receive comprehensive dental care that meets their specific needs.

These recommendations are essential for athletes to perform at their best and to prevent long-term dental problems and injuries. By following these guidelines, athletes can enjoy a healthier and more focused performance in their sports endeavors.

How sports management organizations/people help sports dentistry organizations

Sports Management can play a critical role in strengthening sports dentistry organizations by applying business, operational and strategic principles to the niche field of oral healthcare for athletes. It transforms dentistry from a reactive treatment model into a proactive, integrated component of sports medicine. Important ways by which sports management helps sports dentistry organizations:

Strategic integration into sports medicine

- Sports Management helps incorporate dental professionals into the overall medical team of physician, physiotherapists, nutritionists, psychologists, etc.
- Experts in sports management, such as those at the FDI World Dental Federation, develop policies that push sports governing bodies to recognize oral health as a key part of athletic performance.
- They help establish protocols like the Universal Screening Protocol for Dental Examination in Sports (USPDES).

Operational efficiency and safety

- Managers organize logistics for team-wide dental screenings, particularly during the pre-season, to identify high risk athletes before the competitions begin.
- They assist in developing protocols for on-field dental emergencies, such as immediate dental or facial trauma management.
- Sports managers facilitate the implementation of programs to provide custom-fitted mouthguards to all athletes in contact/combat sports, which are proven to reduce injury and potentially concussions.

Marketing, education and advocacy

- Management helps educate coaches, athletes, and parents on the connection between oral health, nutrition, and performance.
- They promote the value of “Team Dentists” to professional and amateur teams to build the reputation of sports dentistry organizations.
- They organize symposia, workshops, and educational materials to keep dental professionals updated on the latest in sports-related trauma.

Financial and administrative support

- Managers help secure funding for research into sports-related dental injuries and for the development of protective equipment.
- They connect, for example, the Academy for Sports Dentistry (ASD) in USA and National Sports Dentistry Committee (NSDC) in India, with other sports organizations in their respective countries, creating a network that ensures athletes have access to specialized care.

- They manage the logistical and administrative, and financial burdens of creating specialized sports dentistry centers within schools, colleges, and clubs.

By managing these areas, sports dentistry organizations can ensure that athletes receive proper care, which directly reduces downtime and improves overall athletic performance.

Case study of national sports dentistry committee as part of sports events and collaboration with Various Sports Organizations

National Sports Dentistry Committee is a national body on Sports Dentistry in India formed in 2023. In 2020, Academy of Sports Dentistry (ASD), USA and European Association of Sports Dentistry (EA4SD) along with European College of Sports and Exercise Physicians (ECOSEP) released a consensus statement that IT IS NECESSARY TO INTEGRATE SPORTS DENTISTRY INTO SPORTS MEDICINE.

Keeping this in mind, on occasion of World Trauma Day on 17th October, we announced the formation of the National Sports Dentistry Committee (NSDC) under the Indian Society of Sports and Exercise Medicine (ISSEM). ISSEM is a national-level registered society for Sports and Exercise Medicine. NSDC plans to conduct all activities and events with aims and objectives in sync with ISSEM.

Mission and vision of NSDC

Our mission

- To conduct activities in sync with aims and objectives of ISSEM
- To integrate Sports Dentistry into Sports Medicine
- To provide standardized dental treatments and dental trauma care for Indian athletes
- To provide Team Dentist at all levels
- To educate and create awareness in athletes, parents, sports professionals and dentists

Our vision

- Make sports dentistry a nationally recognized speciality field
- Serve as an apex body and develop and promote excellence in dental care for athletes from grassroots to elite level
- Provide educational resources to both dentists and athletes

- Conduct and promote research in sports dentistry and its correlation with allied fields and publish research regarding the same
- Promote mouthguard safety and reinforce its policies to athletes of all ages and across all low to high risk sports

About our supporting organization ISSEM

ISSEM is a national-level registered society for Sports and Exercise Medicine. The society has now been expanded to include all the professionals in the field of Sports-Exercise Medicine and Sciences, and related allied fields recognizing the multi- and interdisciplinary nature of Sports and Exercise Medicine. ISSEM boasts to be the only national level society in the country by recognized specialists in the field of Sports and Exercise Medicine. The society was registered under Societies Registration Act XXI of 1860 on 9th July 2019 with the registration no. S-E/1633/Dist. South East/2019.

NSDC events

Education Programs for Dentists

- NSDC Ambassador training programs – These are conducted on a regular basis for dentists for newly inducted members. We are happy to inform that we have conducted more than 5 to 6 Ambassador programs and we have more than 100 dentist members and the strength is continuously increasing.
- NSDC Webinar Series – Our webinar series have become popular and we are conducting these webinars on different topics in sports dentistry like anti-doping, neuromuscular dentistry, medical and dental care of para and special need athletes, etc. These programs we are conducting and we will keep conducting on a regular basis to create awareness for dentists.
- NSDC CDE Programs - NSDC Conducts lectures in various colleges like Sinhadgad Dental College, FOM events, conferences and symposiums about sports dentistry and encourages dentists to become their members to spread the message of athlete dental care across the country.
- NSDC Conferences and Symposiums – NSDC conducted its first ever National Conference on Sports Dentistry on 13th – 14th Sept 2025 in Pune. Pre-conference workshops, paper poster presentations, grand inauguration program with felicitation of

people in the sports, sports medicine and dentistry; the event was a great success with amazing response from participants and this event has succeeded in stirred a great interest in sports dentistry across the country.

Networking events

- NSDC has been part of various sports medicine and science events and not only that, NSDC members have also been speakers at such events like 2nd International Conference on Sports Dentistry by ISSEM in Nov 2024 at BHU, Varanasi, ASI Sports Nutrition Summit 2024, 45th National Conference of Indian Association of Sports Medicine in March 2025, Conference on AI and Technology in Sports in April 2025.
- Along with these events, NSDC has also been part of other networking events in the sports industry like Sports Con 2025, SES Network Meet up in Pune, Para Sports Summit in Bangalore in July 2025, etc.
- This helps NSDC members to connect with the sports industry and the sports science and medicine fraternity and helps them spread the message of sports dentistry across the country. Sensitization and collaborations are very important and form the cornerstone of NSDC core values.



Figure 1



Figure 2

Dental screening and dental awareness programs for athletes

Dental partners of sports events at various levels

NSDC has been successful in becoming Dental or Oral Health Partners right from small events to bigger state and national level sports events/competitions in the country. Special mention would like to be made for contact sports like karate, taekwondo, boxing, etc. wherein athletes have been sensitized and delivered customized mouthguards. NSDC believes in working right from grassroot to international level for athletes and is taking steps in that direction.



Figure 3

NSDC volunteer/sports dentistry integration programs

NSDC has been successful, not just in creating awareness among athletes, but also catering to educating coaches, parents, teachers and schools and sports administrators thru NSDC Volunteer Programs which are basically Sports Dentistry Integration Program for Coaches and Performance Support Staff.



Figure 4

Dental screenings and mouthguard provisions

NSDC members have got a great experience of dental screenings and mouthguard awareness and delivery programs across many places in Pune, UP, Delhi, Nagpur, etc. NSDC has run Pan India Oral Health and Mouthguard Drive and many NSDC dentist members across the country have participated. Dental screenings have been provided at top sports institutes like Army Sports Institute, ISST Basketball Clubs, Vmax High Performance Centre and for events like Schoolympics (topmost school sports event in Pune), skating and multi-sport events for Bharat Sports Management Groups, AK Premiere Cricket League and many other such evens. That is why, we encourage more and more dentists to become our members so that we can have a nationwide spread of Athlete Dental Care and 1000s of Consultant Sports Dentists across the country working for athlete oral health and performance! We encourage collaborations of other sports science or sports management organizations or even sports foundations which work for athlete welfare so that together we can work for the betterment of athlete oral and general health.



Figure 5