

CERTIFICATE NO : **ICRESMH /2025/C0425409****Evaluation of Periodontal Disease Awareness and Preventive Attitudes
Among Undergraduate Dental Students in Punjab****Gunjan Agarwal**

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ABSTRACT

Periodontal diseases remain a significant public health concern worldwide, yet their prevention greatly depends on awareness, knowledge, and the development of positive oral hygiene practices. This study evaluates the level of periodontal disease awareness and preventive attitudes among undergraduate dental students in Punjab, with a focus on understanding how clinical training influences their perceptions and behaviors. A cross-sectional survey was conducted using a structured questionnaire that assessed students' theoretical knowledge, awareness of risk factors, understanding of disease progression, recognition of early symptoms, and their commitment to preventive dental care both personally and professionally. The findings indicate that most students possess satisfactory theoretical knowledge of periodontal disease; however, disparities exist between foundational understanding and consistent application of preventive measures. Students in advanced clinical years demonstrated significantly higher awareness and practical application due to greater clinical exposure and patient interaction. Despite strong acknowledgment of the importance of regular oral hygiene practices such as brushing, flossing, and professional scaling, gaps were observed in the consistent adoption of these habits. The study emphasizes the need for strengthened experiential learning, integrated preventive dentistry modules, and enhanced patient counseling skills within the undergraduate curriculum. By fostering deeper preventive orientation during training, dental institutions can shape future practitioners who are not only clinically competent but also effective promoters of periodontal health awareness in the wider community.

Keywords: *Periodontal Disease, Awareness, Preventive Attitudes, Dental Students, Punjab, Oral Hygiene, Clinical Training, Public Health.*