



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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TEACHING CHILDREN PROPER FLOSSING TECHNIQUES AT MES' CRESCENT ENGLISH HIGH SCHOOL & JUNIOR COLLEGE, KOUSA, MUMBRA.

Date: 02/02/2025. **Venue:** MES'Crescent English High School & Junior college, kousa, Mumbra.

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe,.

Organizing Agency: PHD Dept, MGMDCH, Rotary Club

Number of Students attended: 04

Teaching Children Proper Flossing techniques at MES' Crescent English High School & Junior college, kousa, Mumbra. Teaching children proper flossing techniques is an essential part of their oral hygiene routine. Here's a step-by-step guide to help you teach children how to floss correctly. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at School, Mumbra with the intention of creating awareness about role of proper flossing techniques and providing oral health care to the patients.

Aim and objective:

- 1.To educate students about role of flossing in dental.
- 2.To assess the oral health status of patients.
- 3.To educate and create awareness about oral health

Method:

Explain the importance: Use simple language to explain why flossing is necessary and how it helps remove food particles and plaque.

- 2.Choose the right tools: Select a child-friendly floss or an interdental floss pick with a small head and soft bristles.
3. Demonstrate and assist : Show children how to floss and assist them until they develop the necessary skills.

Step-by-Step Flossing Technique

1. Take a long piece of floss: Break off a piece of floss about 18-24 inches long.
2. Wrap the floss around fingers: Wrap the floss around the child's middle fingers, leaving about 1-2 inches of floss in between.
3. Guide the floss between teeth: Gently guide the floss between the teeth with a zig-zag motion.
4. Curve the floss around the base: Curve the floss around the base of each tooth in a "C" shape.
5. Slide the floss up and down: Slide the floss up and down against the tooth, using a gentle back-and-forth motion.
6. Repeat for all teeth: Repeat the process for all teeth, including the back sides of the molars.

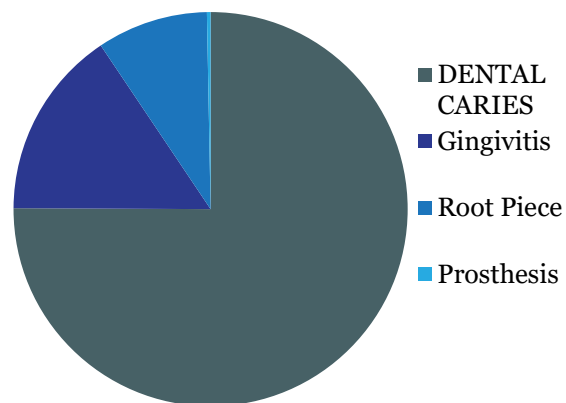
Students were explained about how the sugar interacts with plaque bacteria in our mouth and how this interaction leads to the production of acid, which in turn causes tooth decay by dissolving tooth enamel. Plaque bacteria rely on sugar as an energy source, and when provided with ample amounts of sugar, they thrive and produce more acid. Reducing the consumption of sugary snacks and beverages is crucial in preventing dental caries. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using tongue depressors for the children. All the students were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

Observations:

1. It was observed that students had a high history of consumption of sugar in their daily diet and were advised to control the frequency and amount of sugar intake by explaining how it can cause various dental problems.
2. A total of 121 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	58	47.9%
Gingivitis	26	21.4%
Root piece	19	15.7%
Prosthesis	18	14.8%



Interpretation and conclusion:

1. Seeing a high amount of intake of sugar in their diet, students were advised to reduce the consumption of sugary snacks and beverages, Limit snacking between meals and consider consuming sugary foods only at mealtimes.
2. Dental caries is the most common problem among the patients followed by gingivitis.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



TEAM MEMBERS WHO ATTENDED
THE CAMP



List of Attendees

Sr No	Name of Staff
1.	Dr.Kashmira Kadam
2.	Dr.Pankaj Londhe

Sr No	Name of interns
1.	Tuba Penkar
2.	Rajni Kokate
3.	Priyanka Harpalkar
4.	Mahesh Survase