



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



ILL-EFFECTS OF AWARENESS OF JUNK FOOD AT ROYAL INTERNATIONAL SCHOOL

Date: 29/08/2024

Venue: Royal International School, Dombivali

Faculty: Dr. Kashmira Kadam; Dr. Neeraj Kolge.

Organizing Agency: Public Health Dentistry Department, MGMDCH ;, NSS unit of MGMDCH & Young Concepts.

Number of Students attended: 06

Junk food often leads to several adverse health effects due to its high levels of sugar, salt, unhealthy fats, and low nutritional value. Regular consumption can contribute to weight gain and obesity, increase the risk of heart disease, diabetes, and high blood pressure, and negatively impact mental health and cognitive function. Additionally, junk food can contribute to poor digestion and deficiencies in essential nutrients. Balancing one's diet with healthier options is crucial for maintaining overall well-being.

MGM Dental College & Hospital conducts dental camp for educating and promoting good oral health care among students. This was extended to population of Royal International School, Dombivali with the aim to create awareness about importance of oral hygiene method.

Aim and objective:

The primary aim of this camp activity was to raise awareness among students about the importance of oral hygiene and to educate them on proper oral hygiene practices. The goal was to promote healthy habits that can prevent dental issues like cavities, gum diseases, and bad breath.

- To teach students the correct techniques for brushing and flossing their teeth.
- To explain the significance of regular dental check-ups.
- To highlight the consequences of poor oral hygiene, such as tooth decay and gum disease.
- To encourage the adoption of daily oral hygiene habits.

Method:

Awareness regarding importance of ill-effects of junk food was done. Student were taught about the proper brushing technique and other methods to maintain oral hygiene. A type III examination was carried out with the use of tongue depressor in day light. All the patients 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.

The camp used demonstrations to engage students in learning about oral hygiene. The activities included:-

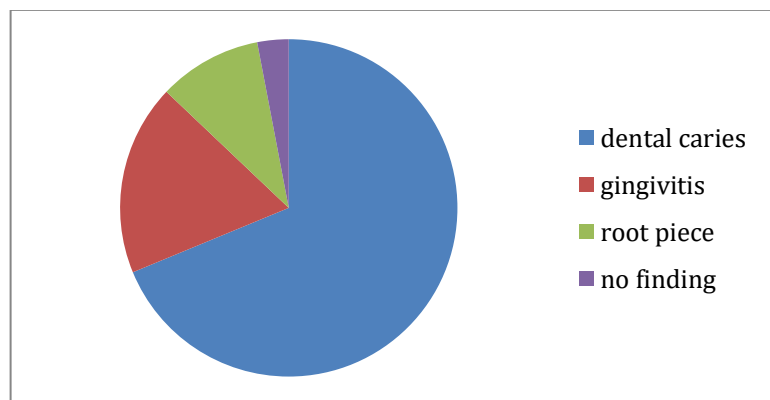
- **Oral Health Education Sessions:** Dental professionals delivered presentations using model to explain the structure of teeth, common dental problems, and their prevention.
- **Demonstrations:** The proper method of brushing and flossing was demonstrated using dental models. Students were then encouraged to practice on their own.

Observations:

A total of 655 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

□	No. of individuals	Percentage %
Dental caries	450	69
Gingivitis	120	18
Root piece	65	10
No finding	20	3



Interpretation and conclusion:

- The camp successfully achieved its objectives by making students more aware of the importance of oral hygiene. Most participants reported improved understanding of how to care for their teeth and gums and expressed a commitment to practicing better oral hygiene habits at home.
- The hands-on experience and interactive sessions proved effective in ensuring the students internalized the lessons on oral hygiene. The initiative is expected to lead to healthier dental practices among the students, which will contribute to their overall well-being.



Oral Screening at Royal International School

List of Attendees

Sr. No	Name of faculty
1.	Dr. Kashmira Kadam
2.	Dr. Neeraj Kolge
	Name of Interns
1	Pooja Kushwaha
2	Sakshi Latkar
3	Abhishek Lohakpure
4	Harshita Mirgh
5	Ruhi Naik
6	Vedant Kapote

