



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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ORAL HYGIENE METHOD AT ROYAL INTERNATIONAL SCHOOL, DOMBIVALI

Date: 30/08/2024

Venue: ROYAL INTERNATIONAL SCHOOL, DOMBIVALI

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

Organizing Agency: Public Health Dentistry Department, MGMDCH ; Young Concepts.

Number of Students attended: 06

Oral hygiene prevents tooth decay and gum disease, preserving dental health. It lowers the risk of systemic conditions like heart disease and diabetes. Good oral care supports digestion and boosts self-confidence with a healthy smile. It also reduces the need for costly treatments. Overall, maintaining oral hygiene promotes better overall health.

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 oral hygiene in dentistry 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:-

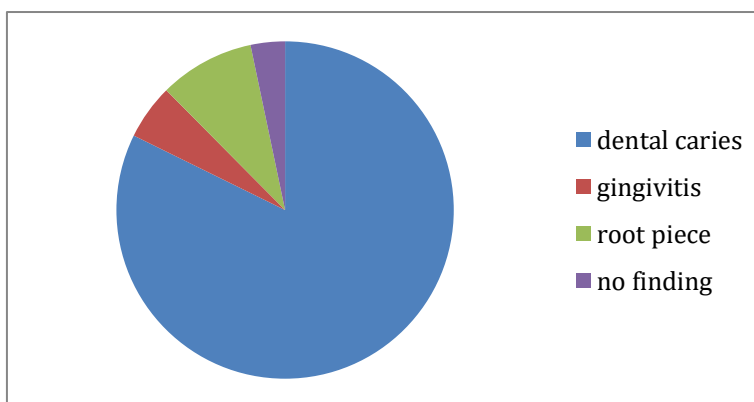
- **Oral Health Education Sessions:** Dental professionals delivered presentations using model to explain the structure of teeth, common dental problems, and their prevention.
- **Demonstrations:** The proper method of brushing and flossing was demonstrated using dental models. Students were then encouraged 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	540	82.44
Gingivitis	35	5.3
Root piece	60	9.16
No finding	20	3.30



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.



Demostration of Brushing Methods on Model.



Oral Screening at Royal International School

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

List of Attendees