



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



ORALHYGIENE AWARENESS FOR TEENAGERS AT ROYAL INTERNATIONAL SCHOOL, DOMBIVALI

Date: 23rd September, 2025

Venue: ROYAL INTERNATIONAL SCHOOL, DOMBIVALI

Faculty: Dr. Mausami Malgaonkar, Dr. Saurabh Waghchaure

Organizing Agency: Department of Public Health Dentistry, MGMDCH ; NSS unit of MGMDCH; Young concepts

Number of Students attended: 06

Adolescence is a critical phase of growth and development marked by significant physical and behavioral changes. During this stage, maintaining good oral hygiene often becomes neglected due to lifestyle changes, peer influence, and a lack of awareness about dental health. Poor oral hygiene during teenage years can lead to issues such as dental caries, gingivitis, halitosis, and malocclusion, which can affect both oral and general health in the long term.

Recognizing this need, a Community Oral Health Awareness and Screening Camp was organized at Royal International School, Dombivali, focusing on educating teenagers about the importance of oral hygiene and conducting dental screening to identify common oral health problems.

This initiative aimed not only to detect dental issues early but also to instill healthy oral habits among adolescents through education, motivation, and demonstration. The camp is part of MGM Dental College's continuous commitment to promoting oral health and preventive care in the community.

Aim and Objectives:

- To assess the oral health status of school-going teenagers.
- To educate students on the importance of maintaining oral hygiene.
- To identify common oral conditions and refer students for further management if needed.

Method:

Students were examined according to Type 4 method using tongue depressors under adequate illumination.

After the oral examination, each participant received personalized feedback on their oral health. Interactive educational sessions were conducted using charts and visual aids to explain the significance of daily oral care, the effects of sugar consumption, and the importance of fluoride use. Proper brushing techniques were demonstrated using dental models to ensure practical understanding.

Students diagnosed with dental caries, malocclusion, or gingival problems were advised appropriate care and referred to MGM Dental College and Hospital, Kamothe for further treatment.

Observations:

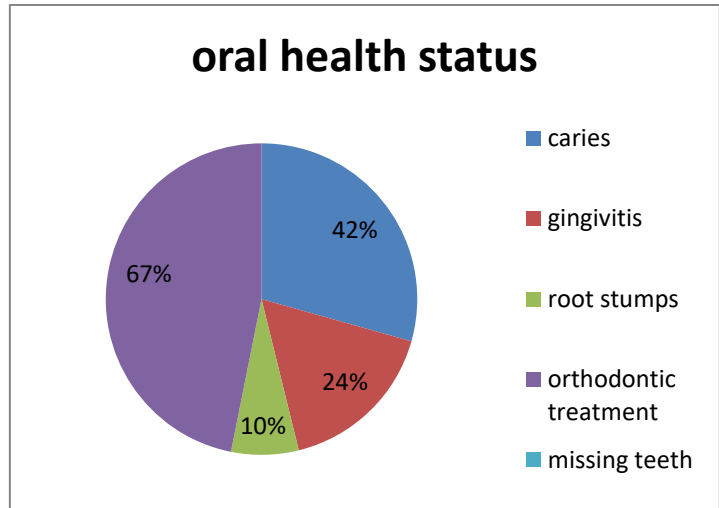
A total of 670 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe. Common findings included early dental caries, plaque accumulation, mild gingivitis, and improper brushing habits. Many students also demonstrated limited awareness about flossing and the role of diet in oral health.

The students showed great enthusiasm and actively participated in the discussions. Several expressed their willingness to visit the dentist regularly after the awareness session.

Oral hygiene plays a crucial role during the teenage years as this period is marked by rapid physical growth, hormonal changes, and the establishment of lifelong health habits. Poor oral hygiene in adolescents increases the risk of dental caries, gingivitis, bad breath, and early periodontal disease, which can progress into serious oral and systemic health problems in adulthood.

Oral health status:

	No. of individuals	Percentage %
Caries	282	42%
Gingivitis	161	24%
Root stumps	67	10%
Orthodontic treatment	107	67%
Missing teeth	53	8%
Total	670	100%



Interpretation and conclusion:

The camp successfully achieved its objective of promoting oral hygiene awareness among teenagers. The high participation and positive response indicated a strong interest in maintaining oral health when adequate education and guidance are provided.

It is recommended that similar educational and preventive programs be conducted periodically in schools to reinforce positive oral health behavior among adolescents. Continued collaboration between educational institutions and dental professionals can play a vital role in building a generation that values and practices good oral hygiene.

The oral health screening camp conducted at Royal International School successfully evaluated 670 students, providing valuable insight into the oral hygiene status of teenagers. The data revealed that 42% of the students were affected by dental caries, making it the most prevalent condition, followed by gingivitis in 24%, indicating inadequate plaque control among a significant segment. Additionally, 16% of students required orthodontic treatment, reflecting common developmental and alignment issues during adolescence. Cases of root stumps (10%) and missing teeth (8%) further highlighted the consequences of untreated dental problems and the need for early intervention.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Mausami Malgaonkar
2	Dr.Saurabh Waghchaure
Name of Interns& students	
3.	Nidhi Hatiskar
4.	Cherry Jain
5.	Samiksha Darade
6.	Dhanashree Pawar
7.	Gauri Khadkikar