



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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ORAL HEALTH RISKS IN ADOLESCENTS AT UPHC 13-ROADPALI

Date: 26/09/2025

Venue: UPHC 13-ROADPALI

Faculty Incharge: DR SWATI SINGH, DR AISHWARYA PATIL

Organizing Agency: Panvel Municipal Cooperation ,Department of Public Health Dentistry, MGMDCH, NSS Unit MGMDCH.

Number of Students attended: 3

Adolescence is a crucial developmental stage marked by significant lifestyle changes, hormonal fluctuations, and increased independence. These factors often contribute to poor oral hygiene practices, unhealthy snacking, experimenting with tobacco products, and irregular dental visits. Such behaviors increase the risk of dental caries, gingivitis, enamel erosion, and other preventable oral health conditions. MGM Dental College constantly takes efforts of extending oral health care to community. The oral health care initiative was also extended to the individuals at UPHC ROADPALI with intention of providing proper oral health care to the patients.

At the UPHC Roadpali camp, adolescents underwent oral screening followed by an interactive session focusing on common oral health risks and the importance of adopting protective habits during this phase of life.

Aim and objective:

- To assess the oral health status of adolescents attending the camp.
- To identify common oral health risks during adolescence.
- To educate adolescents about preventive behaviours and oral hygiene practices.
- To raise awareness on harmful habits like tobacco use, sugary diet, and poor oral hygiene..

Method

- Adolescents visiting the UPHC were examined using type III method of examination. Basic instruments such as mouth mirror , explorer were used to carry out examination under proper illumination. Dental

conditions such as caries, gingival inflammation, enamel wear, and presence of root pieces were recorded.

- Following the examination, an awareness session was conducted covering:

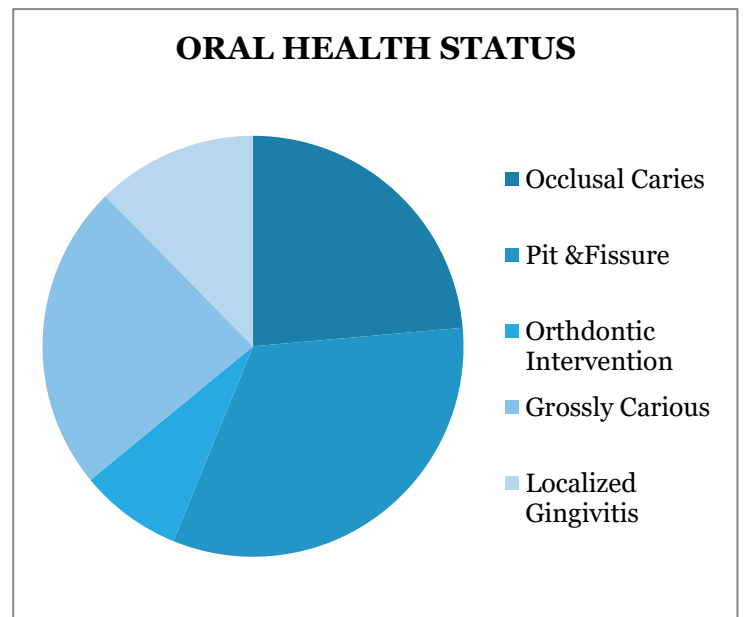
1. Importance of brushing twice daily and proper technique
2. Impact of sugary snacks and acidic beverages
3. Dangers of tobacco and vaping
4. Importance of regular dental check-ups
5. Managing orthodontic issues and maintaining oral hygiene with braces

Visual charts and demonstrations were used to ensure better understanding. Following the awareness session, a basic oral examination of the participants was conducted using torchlight and disposable instruments to record their oral health status..

Observation:

1. A total of 14 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Occlusal caries	3	21
Pit & Fissure Caries	4	29
Orthodontic Intervention	1	7
Grossly Carious	3	21
Localized Gingivitis	3	21



Interpretation and conclusion:

Out of 14 individuals examined total of 50% individuals were suffering from dental caries, 7% people required orthodontic intervention. The UPHC Roadpali camp revealed that adolescents are at considerable risk of developing preventable oral health problems due to poor hygiene practices, dietary habits, and low awareness. The findings highlight the need for targeted preventive programs during this age group, as early intervention can significantly reduce long-term oral health complications. The educational session successfully enhanced

participants' understanding of oral health risks and the importance of adopting healthy habits. By addressing common issues like caries, gingivitis, and harmful lifestyle choices, the camp helped adolescents recognise the value of regular dental check-ups, proper brushing, and balanced diet. Overall, the camp effectively combined screening with impactful health education. Strengthening such initiatives can empower adolescents to take responsibility for their oral health, reduce disease burden, and promote better oral health outcomes within the community.



Oral examination at the camp site

LIST OF ATTENDEES

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Aishwarya Patil
Name of Interns & students	
3	Ritika Kharat
4.	Nidhi Hatiskar
5.	Khushi Hole