



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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IMPORTANCE OF HABIT BREAKING APPLIANCES AT GEI BLOSSOM INTERNATIONAL SCHOOL

Date: 26th November 2025

Venue: GEI's Blossom International School, Dombivli E.

Faculty: Dr Mausami Malgaonker, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS Unit of MGMDCH

Number of Students attended: 4

Oral habits are repetitive behaviours commonly seen in children, such as thumb sucking, tongue thrusting, mouth breathing, nail biting, and lip biting. These habits may be normal during infancy but can become harmful if they persist beyond early childhood. Prolonged oral habits can lead to dental malocclusion, improper jaw growth, speech problems, and facial deformities.

Habit breaking appliances are orthodontic devices used to help children stop these harmful habits. These appliances work by preventing the habit physically or by reminding the child to stop the habit. Early identification and management of these habits are essential for maintaining proper oral health and normal development of teeth and jaws.

A dental screening camp was conducted to assess the prevalence of oral habits among children and to educate parents and children about the importance of habit breaking appliances.

Aim and Objectives:

- To evaluate the prevalence of oral habits in children and highlight the importance of habit breaking appliances in preventing malocclusion.
- To identify common oral habits among children.
- To examine the number of children affected by harmful oral habits.
- To educate children and parents about the harmful effects of these habits.
- To explain the role of habit breaking appliances in preventing dental problems.
- To collect and analyze data from children examined during the camp.

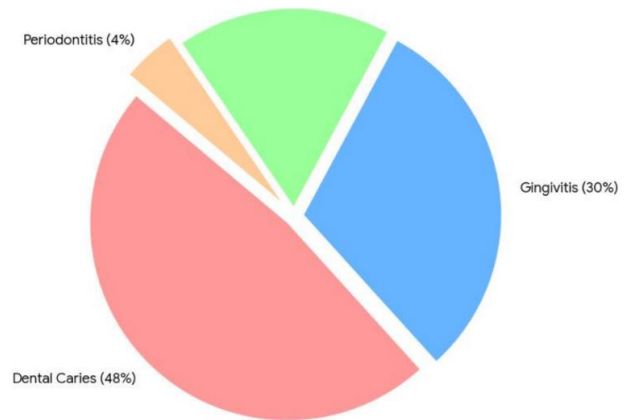
Method:

- A dental screening camp was organized at a local school.
- Total number of children examined: 421.
- Age group: 5–12 years.
- Type 4 oral examination was performed using mouth mirror, probe, tongue depressor and proper illumination.
- Children were screened for common oral habits such as:
 - Thumb sucking
 - Tongue thrusting
 - Mouth breathing
 - Nail biting
 - Lip biting
- Data was recorded and analysed.
- Children with persistent habits were advised habit breaking appliances and counselling.

Observations: A total of 421 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

Oral health status:

Condition	No. of individuals	Percentage %
Dental Caries	210	48%
Gingivitis	125	30%
Missing Teeth	70	18%
Periodontitis	16	4%
Total	421	100%



Interpretation and conclusion:

A total of 421 children examined almost 48% were suffering from various types of caries followed by 30% were suffering from gingivitis, followed by 18% suffering from missing teeth and 4% periodontitis. for the presence of harmful oral habits.

Thumb sucking was the most common habit observed among children followed by tongue thrusting. Persistent oral habits can significantly affect dental alignment and jaw development if not treated early.

Habit breaking appliances along with counselling and awareness play an important role in eliminating these habits and preventing orthodontic complications. Oral health education and preventive orthodontic strategies should be implemented to reduce the prevalence of these habits among children.



List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr Mausami Malgaonker
2.	Dr Aishwarya Patil
Name of Interns	
3.	Inash Kharbe
4.	Sheetal Kharat
Name of Students	
5.	Rituja Bankar
6.	Tanishka Patil