



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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TEACHING SCHOOLCHILDREN ABOUT PROPER FLOSSING METHOD

Date: 11th April 2025

Venue: Abhinav School, Mankhurd

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

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

Number of Interns attended: 4

The importance of oral health in the early years of life is well documented, and advocated by professional and academic stakeholders worldwide. Importantly, early childhood oral health influences and outcomes are considered pivotal in determining oral health trajectories across the life course, and can impact oral health and disease occurrence in adulthood. Specifically, early childhood caries, the most common chronic childhood disease, is known to disproportionately affect vulnerable parts of the population and confer substantial impacts to children, families, and health systems. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at Abhinav School Mankhurd, aiming to educate them about the importance of regular check-up while providing essential oral health care. The program seeks to empower children with knowledge about their dental health and instill good oral hygiene practices from an early age.

Aim and Objectives:

- To educate children about the importance of maintaining oral health.
- To assess the overall oral health status of the participating children.
- To encourage healthy dietary choices that support dental health.

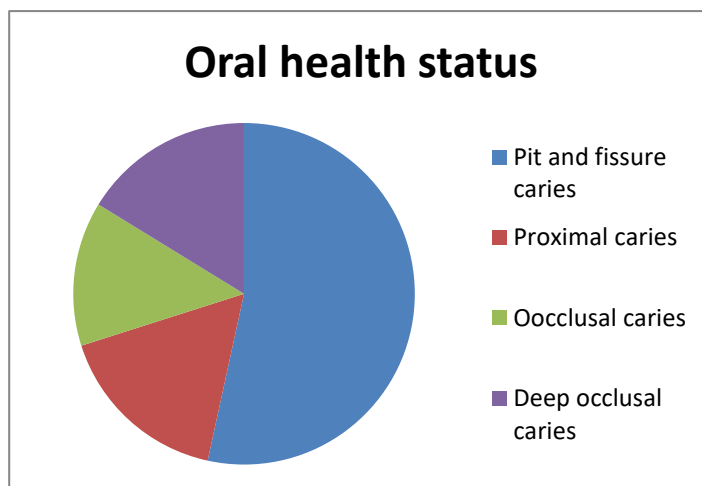
Method:

An examination of the children was conducted using tongue depressor to assess their oral health status. Following the evaluation, the children were provided with information on how to address any identified dental issues and they were taught proper brushing and flossing method. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the children understood effective oral hygiene practices. The initiative also included discussions about the importance of regular dental check-ups and the benefits of fluoride, further reinforcing the message of comprehensive oral health care.

Observations: A total of 234 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 %
Pit and fissure caries	125	52.7%
Proximal caries	39	17%
Occlusal caries	32	14%
Deep occlusal caries	38	16%

**Interpretation and conclusion:**

Pit and fissure caries is the most common problem among the children followed by proximal caries.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these children.

1. Seeing a high percentage of population affected by dental caries indicated they were not aware of proper brushing technique. They were advised to visit dentist once a year and asked for dental checkup. brush twice daily in modified bass technique and use of floss were encouraged.
2. Dental caries is the most common problem among the patients followed by gingivitis.

3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients



ORAL HEALTH SCREENING DONE BY THE TEAM MEMBERS

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Mausami Malgaonkar
2	Dr. Pankaj Londhe
Name of Interns	
3	Aryan Satikunwar
4	Ishika Shetty
5	Khadija Javed
6	Mizba Zaidi