



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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TIPS FOR ENCOURAGING ORAL HYGIENE HABITS IN TEENAGERS AT TBR CAMP ROHINJAN AND ADAI PISARWE KARAWALE KUTHARI

Date: 11th July 2025

Venue: TBR Camp at Rohinjan and Adai Pisarwe Karawale Kuthari.

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Department of public health dentistry MGMDCH, NSS unit of MGMDCH; The Breakfast Revolution

Number of Students attended: 4

To maintain good oral hygiene, brush twice daily for two minutes with a soft-bristled brush and fluoride toothpaste, clean between teeth daily with floss or a water flosser, and gently clean your tongue to remove bacteria. Replace your toothbrush every three to four months, limit sugary foods and drinks, drink plenty of water, and see a dentist for regular check-ups and cleanings. Avoid tobacco products and manage any existing medical conditions, as they can impact your oral health. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at **Rohinjan and Adai Pisarwe Karawale Kuthari**, with the intention of providing proper oral health care to the patients.

Aim and Objective:

1. To create awareness about tips for maintaining good oral hygiene.
2. To educate children on the proper brushing and flossing technique
- 3.

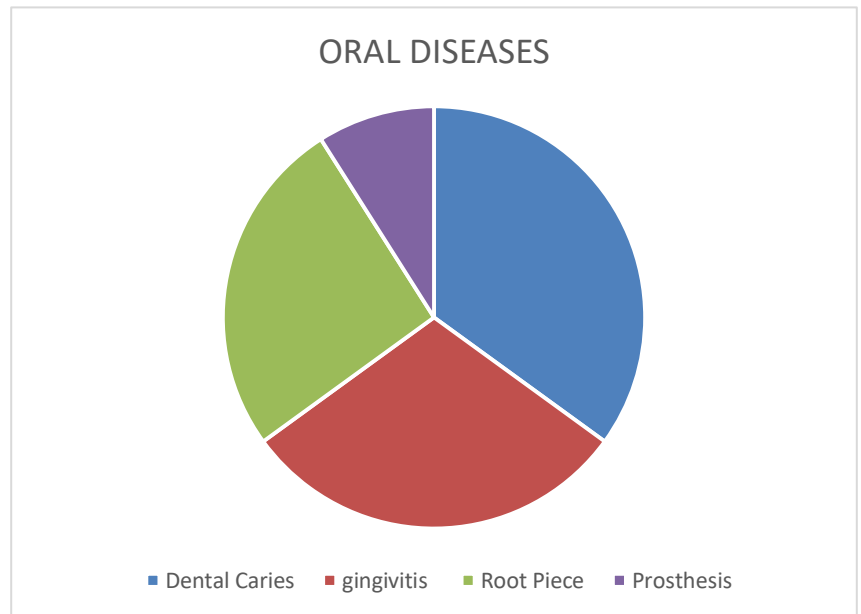
Method:

- **Brush your teeth:** at least twice a day for two minutes using a soft-bristled toothbrush and fluoride toothpaste.
- **Clean between your teeth:** once a day with dental floss, a water flosser, or a similar interdental cleaner to remove plaque and food particles.

- **Clean your tongue:** with a toothbrush or a tongue scraper to remove bacteria that can cause bad breath.
- **Use a fluoride toothpaste:** and consider a fluoride mouthwash, as fluoride strengthens tooth enamel.
- **Replace your toothbrush:** every three to four months, or sooner if the bristles are frayed.

ORAL HEALTH STATUS:

Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	32	40
2.	Gingivitis	23	29
3	Root piece	14	18
4.	Prosthesis	11	14



Observations: A total of 80 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

Interpretation and Conclusion:

- Most of the students were suffering from dental caries (40%) followed by gingivitis (29%).
- It's crucial to supervise children's tooth brushing with fluoride toothpaste and ensure they don't swallow excessive amounts.
- Public health officials monitor fluoride levels in drinking water to ensure optimal levels for dental health and minimize the risk of fluorosis (excess fluoride).



Oral screening done at the camp site

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Manmeet Parmar
4.	Ismail Inamdar
5.	Karishma Bhanushali
6.	Jupneet Kaur