



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 MOUTH GUARD FOR CONTACT SPORTS AT TBR CAMP SEVA VIDYA MANDIR, GANGANGAON, DAHANU

Date: 18th July 2025

Venue: TBR Camp Seva Vidya Mandir, Gangangaon, Dahanu

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS unit of MGMDCH; The Breakfast Revolution

Number of Students attended: 4

Mouthguards are vital in dentistry for preventing a wide range of oral injuries, from fractured teeth and dislocated jaws to cuts to the cheeks and tongue. They protect the teeth and jaw during high-impact sports, absorb the force of sudden impacts to reduce concussion risk, and shield dental work like braces and veneers. They are also used to protect against teeth grinding, or bruxism, which can cause significant tooth wear and jaw pain. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the resident of Taloja with the intention of providing proper oral health care to the patients.

Aim and Objective:

1. To create awareness about the significance of good oral hygiene and how is it necessary to maintain overall health.
2. To educate the resident about the importance of dental check-up.
3. To evaluate their oral health status and provide them with appropriate treatment.

Method:

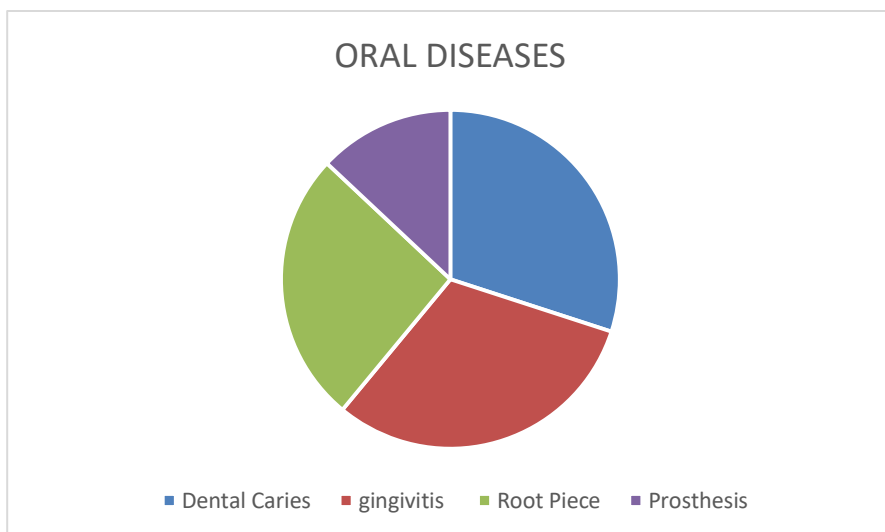
An examination (Type IV) was conducted using tongue depressor to assess their oral health status. Following the evaluation, the patients were provided with information on how to address any identified dental issues. The patients were explained various common oral lesion caused due to use of tobacco with the help of banners and

charts. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of oral lesions and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, The initiative also included discussions about the importance of regular dental check-ups, further reinforcing the message of comprehensive oral health care.

Observations: A total of 94 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

ORAL HEALTH STATUS:

Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	32	34
2.	Gingivitis	23	24
3	Root piece	21	22
4.	Prosthesis	18	19



Interpretation and Conclusion:

- The patients visiting the camp had Dental caries and gingivitis. Dental caries (34%) and gingivitis (24%) followed by root piece which needed extraction.
- The patient also required prosthesis, who were referred to dental college for immediate treatment and replacement of tooth.

- Oral health education regarding maintaining the proper oral hygiene were demonstrated to them. Modified bass technique was demonstrated used brushing model. Use of interdental aids like flossing were also demonstrated and advised to them.
- It's crucial to supervise children's tooth brushing with fluoride toothpaste and ensure they don't swallow excessive amounts.



Oral screening done at the camp site

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Vaibhav Thakkar
Name of Interns & Students	
2.	Krushinandan Ubale
3.	Ishika Shetty
4.	Karishma Bhanushali
5.	Jupneet Kaur