



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



PREVENTING SPORTS-RELATED DENTAL INJURIES AT SHREEE BALLALESHWAR TEMPLE CENTRE, PALI

Date: 22nd July 2025

Venue: Shree Baleshwar Temple Centre Pali

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH; Satyam Sumiran Yoga Research Foundation

Number of Students attended: 5

Sports-related dental injuries are common in contact and collision sports, involving damage to teeth (like fractures and chips), soft tissues (such as cut lips and tongues), and the jaw. The most vulnerable area is the upper jaw and front teeth, especially the maxillary incisors. Prevention includes wearing correctly fitted mouthguards, which significantly reduce the risk of injury by acting as a protective barrier. Immediate and proper management is crucial, with coaches and parents needing education on first aid, including how to store an avulsed (knocked-out) tooth for potential re-implantation. This initiative was extended to the patients at Shree Baleshwar Temple Centre Pali, aiming to educate them about the role of nutrition in maintaining oral health. The program seeks to empower the resident of Pali with knowledge about their dental health and instill good oral hygiene practices from an early age.

Aim and Objectives:

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

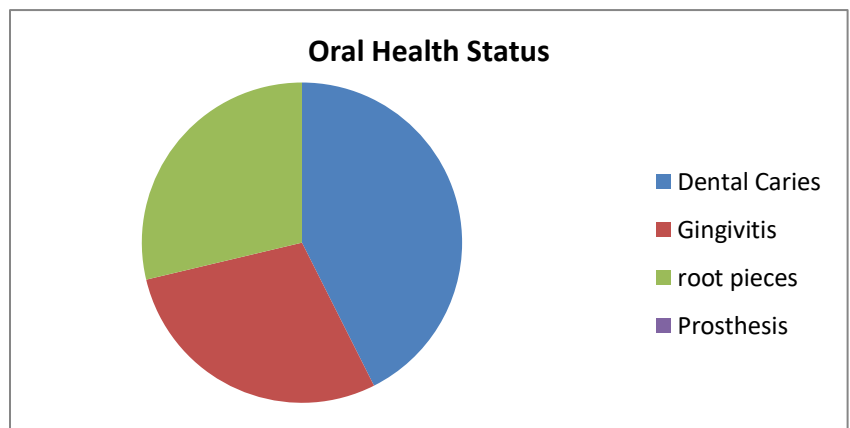
Method:

Type 1 examination of the patients was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, they were provided with information on how to address any identified dental issues. 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 patients 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 671 individuals were examined for various dental problems. Treatments conducted were 02 extractions, 3 restoration and 02 scaling. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status:

Conditions	No. of individuals	Percentage %
Dental Caries	197	29
Gingivitis	132	20
Root pieces	145	22
Prosthesis	197	29



Interpretation and conclusion:

1. Extraction is the most common treatment done among the patients. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Dental caries and gingivitis are the most common problem among the patients which can be reduced by educating them regarding proper brushing technique along with utilization of different interdental aids.
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.
3. The various nutritional food items were informed to the children and their positive benefits were explained to them.



TREATMENTS DONE AT CAMP SITE

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Pruthaviraj Birajdar
4.	Moreswar Bonge
5.	Akshata Chabukswar
6.	Jash Bhuchhada
7.	Shejal Chatlawar
8.	Rhutu Bore
9.	Nirmita Gulabani
10.	Ayesha Sheerazi