

Department of Orthodontics
& Dentofacial Orthopedics

5

RAMA UNIVERSITY

SHORT TERM COURSE ON
**HABIT
BREAKING
APPLIANCE**

🕒 10 Days

📅 Begins July 2023

₹ INR 1000

HABIT BREAKING
APPLIANCE - 2023

RAMA University, Faculty of Dental Sciences, Kanpur
Department of Orthodontics & Dentofacial Orthopedics

Date: - 29/11/22

Minutes of Meeting

Board of Studies

A meeting of Board of studies was held on 29.11.2022 at 2.00 pm in the chamber of HOD, Department Orthodontics & Dentofacial Orthopedics.

Following members were present:

1. Dr. Baljeet singh (Principal)
2. Dr. Sujit Panda (Professor and HOD)
3. Dr. Neha Agarwal (Professor)
4. Dr. Karuna Singh (Professor)
5. Dr. Ram Autar (Professor)
6. Dr Shrish Charan Srivastava (Professor)

Chairman *Baljeet*

Convener *Sh*

Internal Member *Neha*

Internal Member *Karuna*

External Member *Ram Autar*

External Member *Shrish*

AGENDA:

1. Action taken report (ATR) on Minutes of previous meeting.

The minutes of BoS meeting held on November 26/8/21 was confirmed by BoS committee.

2. A review Existing Programs and their curriculum.

S. No.	Item No.	Existing	Recommendation/Action taken
	For BDS (Dept. of Orthodontics)		
1.	BDS course regulations 2007 Framed by the Dental Council of India and approved by the Central Government under the Dentist Act, 1948-vide government of India, Ministry of Health & Family welfare letter No. V.12012/3/2006-DE dated 25.07.2007	The same BDS course regulations 2007 Framed by the Dental Council of India and approved by the Central Government under the Dentist Act, welfare letter No. V.1202/3/2006-DE dated 25.07.2007 followed till date	University followed course curricula based on same BDS course regulations 2007 Framed by the Dental Council of India, welfare letter No. V.1202/3/2006-DE dated 25.07.2007. As such no amendment needed in this regard till date

Baljeet

Sh

Neha

Karuna

Ram Autar

Shrish

For MDS (Dept. of Orthodontics)			
Sr. No.	Item no.	Existing	Recommendation/Action taken
1.	MDS course regulations 2007 Framed by the Dental Council of India and approved by the Central Government under the Dentist Act, 1948-vide government of India, Ministry of Health & Family welfare letter No. V.12012/1/2001-DE dated 12.10.2007	In exercise of the powers the state government, the dental council of India revised MDS Course regulations 2007 under letter no- DE-87-2017. The regulations i.e. Masters of Dental Surgery Course Regulations, 2017 are currently followed.	University followed course curricula based on revised MDS course regulations 2017 framed by the Dental Council of India, welfare letter No. DE-87-2017. As such no amendment needed in this regard till date

2. Recommendation on New course/Short term training

Sr. No	Item no.	Feedback from Faculty/Student	Recommendation/Action taken
1.	Conduction of career oriented short term course Total duration of course : (30 Hours)	Training/certificates based short term courses for developing practical skills is suggested	Two short term course were proposed for enhancing the knowledge and skills of students. ➤ "Habit breaking appliance"

Result analysis:

Summary of result analysis of the student's performance in the annual examination were presented and it was suggested that the course instructors should conduct remedial classes for the students whose performance was not found satisfactory.

h

N. S. S.

Karuna

Ranjan
Sinha

Feedback Analysis:

Analysis was performed based on summary of already collected feedback from students and the course instructors have been instructed for improvement in teaching pedagogy for better understating of students in the cases where the feedback is below average.

The meeting conducted with a vote of thanks to the chair. Date of next meeting: to be decided and conveyed later.

Dr. Baljeet Singh (Principal)
(Chairman) *Baljeet Singh*

CC:

1. Dean, Academic Affairs
2. Registrar Office

JK

Neha

Karan

*Ranbika
Sharma*

COVER LETTER

To Respected

Date: 17/04/2023

Principal Sir /DeanAcademics,

Rama Dental College Hospital and Research Centre,

Kanpur,

Subject: Permission for approval of short term course conducted on "Habit Breaking appliance" by Department of Orthodontics & Dentofacial Orthopedics, RDC.

Respected sir,

This is to bring your kind knowledge that we are submitting you the proposal for starting the short term course in "Habit Breaking appliance" to be conducted in Department of Orthodontics & Dentofacial Orthopedics, RDC in 2023. Sir please do grand us permission to conduct the short term course.

Thanking you,

Dept. of Orthodontics
Rama Dental College-Hospital
& Research Center
A-1, Lakhnaut (Near S
Walla, Kanpur University, Kanpur

Yours faithfully
Sujit Panda
Dr. Sujit Panda
Professor and HOD,
Department of Orthodontics and Dentofacial Orthopedics
RDC, Kanpur

NOTE: This date may vary as per UG University exam as when announce by university.

Bunoo
PRINCIPAL
Rama Dental College-Hospital
AND RESEARCH CENTER


RAMA UNIVERSITY UTTAR PRADESH, KANPUR

Office Order

The Principal
 Rama Dental College Hospital &
 Kingfisher Tower, Kanpur

With reference to your submitted proposal Ref. No. RDC Acad 26/19/24 dated 20/11/23, Vice-Chancellor pleased to accord permission for conduction of short term certificate course on the following topics by the Departments as follows subject to approval of the Academic Council

Sl No	Short Term Course	Department
1	Dental Cone Beam CT and its Radiological Interpretation	Oral Medicine and Radiology
2	Implants	Oral and Maxillofacial Surgery
3	Habit Breaking Appliance	Orthodontics & Dentofacial Orthopedics
4	Laser Applications in Periodontics	Periodontology
5	Anterior Aesthetics	Conservative Dentistry and Endodontics
6	Direct Composite Veneering and Aesthetic Management of Ellis Class II Fracture of Anterior Teeth	Pediatric and Preventive Dentistry
7	Research Methodology and Biostatistics	Public Health Dentistry
8	Techniques of Tooth Preparation in Fixed Partial Denture	Prosthodontics and Crown & Bridge
9	Basic Course in Cheiloscropy	Oral Pathology and Microbiology


 Registrar
 Registrar

Rama University
 Kanpur (U.P.)

Copy to:-

1. Secretary to Hon'ble Vice-Chancellor.
2. Director Sir
3. Dean Academic Affairs
4. Principal, Faculty of Dental Sciences
5. Controller of Examinations
6. Deputy Registrar/Asst. Registrar
7. Guard File

Rama Dental College, Hospital & Research Centre
Department of Orthodontics & Dentofacial Orthopedics

Short term course fees details

S.No.	Student Name	Amount Received	Receipt No.
1	Anupam Shukla ✓	1000/-	RN/18-19/163816
2	Dhanishta ✓	1000/-	RN/20-21/163785
3	Gauranshi Agarwal ✓	1000/-	RN/20-21/163787
4	Devansh Sachin ✓	1000/-	RN/20-21/163783
5	Neeraj Kumar ✓	1000/-	RN/19-20/183923
6	Arun LN ✓	1000/-	} 323308866028 (UPI ID)
7	Pooja Singh ✓	1000/-	
8	Sourav S ✓	1000/-	
9	Akshita Yadav ✓	1000/-	
10.	Firdaus Akhter ✓	1000/-	

10 x 1000 = 10000/-

Received

1
← 04.10.2023

Principal
PRINCIPAL
Rama Dental College-Hospital
AND RESEARCH CENTER

Suj. Hanale
Dept. of Orthodontics
Rama Dental College-Hospital
& Research Center
A-1, Lane
Maharaj

DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

TIME TABLE FOR SHORT TERM COURSE ON Habit Breaking appliance 2023

DAY	DATE	MODULE	TOTAL HOURS OF TEACHING	COURSE CONTENT	DETAILS OF THE COURSE
DAY 1	22/08/23	Module 1	3 hours	Theory involving general concepts	<ul style="list-style-type: none"> • Basic concept • Etiology • classification
DAY 2	23/08/23	Module 2	3 hours	Thumb sucking	<ul style="list-style-type: none"> • Etiology • Phases of development • Effects of thumb sucking • Diagnosis • Management
DAY 3	24/08/23	Module 3	3 hours	Tongue Thrusting	<ul style="list-style-type: none"> • Etiology • Classification • Simple/complex tongue thrust • Clinical features • Management
DAY 4	25/08/23	Module 4	3 hours	Mouth Breathing	<ul style="list-style-type: none"> • Etiology • Patho physiology • Clinical features • Diagnosis • Management
DAY 5	26/08/23	Module 5	3 hours	Lip/nail Biting/ Bruxism	<ul style="list-style-type: none"> • Etiology • Clinical features • Diagnosis • Management
Day 6	28/08/23	Module 6	3 hours	Clinical Demonstration & fabrication of thumb guard	<ul style="list-style-type: none"> • Impression recording • Wax up and acrylization
DAY 7	29/08/23	Module 7	3 hours	Clinical Demonstration & fabrication of tongue crib	<ul style="list-style-type: none"> • Impression recording • Wax up and acrylization
Day 8	30/08/23	Module 8	3 hours	Clinical Demonstration & fabrication of oral screen	<ul style="list-style-type: none"> • Impression recording • Wax up and acrylization

DAY 9	1/09/23	Module 9	3 hours	Delivery of habit breaking appliance	<ul style="list-style-type: none">• Delivery of habit breaking appliance and instructions
Day 10	2/09/23	Module 10	3 hours	Follow up & discussion	<ul style="list-style-type: none">• Follow up and instructions


Dept. of Orthodontics
Rama Dental College-Hospital
& Research Centre
A-1, Lakhanpur (Near Shahu)
Maharaj University, Kolar, Karnataka

RAMA DENTAL COLLEGE HOSPITAL AND RESEARCH CENTRE

Department of Orthodontics and Dentofacial Orthopedics

MCQ based assesment of Short term course (Habit Breaking Appliance).

(2*10=20 marks)

Participant name:

Date: 30 August 2023

1. Earnest Klein has classified habits into;

- A. Compulsive and non-compulsive habits
- B. Intentional and non-intentional habits
- C. Primary and secondary habits
- D. Pressure and non-pressure habits

2. Breathing is termed anatomic mouth breathing if;

- A. Short upper lip
- B. Enlarged adenoid
- C. Enlarged tonsil
- D. Both A and B

3. The positioning of tongue in infantile swallowing is;

- A. Posterior
- B. Medial
- C. Lateral
- D. Anterior

4. Etiology of tongue thrusting includes:

- a. Genetic influence
- b. Thumb sucking
- c. Sleeping habits
- d. All of the above

5. Manifestations of lip biting includes all except:

- a. Lip trap
- b. Mentolabial sulcus accentuated
- c. Lip reddened
- d. Retrusion of upper incisors

6. In thumb sucking habit posterior crossbite occurs due to

- a. Loss of normal outward thrust of tongue
- b. Negative pressure within the oral cavity, which causes buccinator to force the maxillary molar palatally
- c. Both a and b
- d. Loss of oral seal

7. Anterior open bite and maxillary constriction is caused by

- a. thumb sucking
- b. nail biting
- c. bruxism
- d. lip biting

8. The patient with chronic mouth breathing . The clinical examination of patient reveals

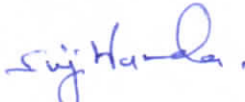
- a.convex profile, long face, narrow arch
- b.convexprofile,longface, broad arch
- c.convexprofile, short face, broad arch
- d.convexprofile, short face,narrowarch

9.In children diagnosis of thumb sucking is made by

- a.Observing digit of patient
- b. lower lip is held lightly by thumb and patient is ask to swallow water
- c.Holding paper in between lips
- d.paper wick test (holding paper in front of nose)

10. Clinical feature of mouth breathing is

- a.Pigeon face appearance
- b.Proclined mandibular anterior
- c.Shallow and flat maxillary arch
- d.Retroclined maxillary anteriors


Dr. Sujit Panda
Prof & HOD
Department of Orthodontics
Dental College-Hospital
Research Centre
New Scheme II
Cuttack, Odisha

Answer key:

1. b

2. a

3. d

4. d

5. d

6. b

7. a

8. a

9. a

10. a

Sujit Panda.

Dr. Sujit Panda

Prof & HOD

Department of Orthodontics

Dept. of Orthodontics
Rama Dental College-Hospital
& Research Centre
4-1, Lal Bahadur Shastri
Jaharai, Patna

Rama Dental College Hospital and Research Centre

DEPARTMENT OF ORTHODONTICS & DENTOFACIAL ORTHOPEDICS

SHORT TERM COURSE- AUGUST-2023 (HABIT BREAKING APPLIANCE)

Evaluation sheet (MCQ based assessment).

Max marks: (2*10=20 marks)

S.No	Student name	Marks
1.	DR. AKSHITA YADAV	20
2.	DR. ARUN LN	20
3.	DR. FIRDAUS AKHTAR	20
4.	DR. POOJA SINGH	20
5.	DR. SOURAV S	16
6.	DR. ANUPAM	18
7.	DHANISITHA	12
8.	DEVANSH	14
9.	GAURANSHI	12
10.	NEERAJ	14

Benuar

PRINCIPAL

Rama Dental College-Hospital
AND RESEARCH CENTER

Sujit Panda

Dr Sujit Panda

Prof & HOD

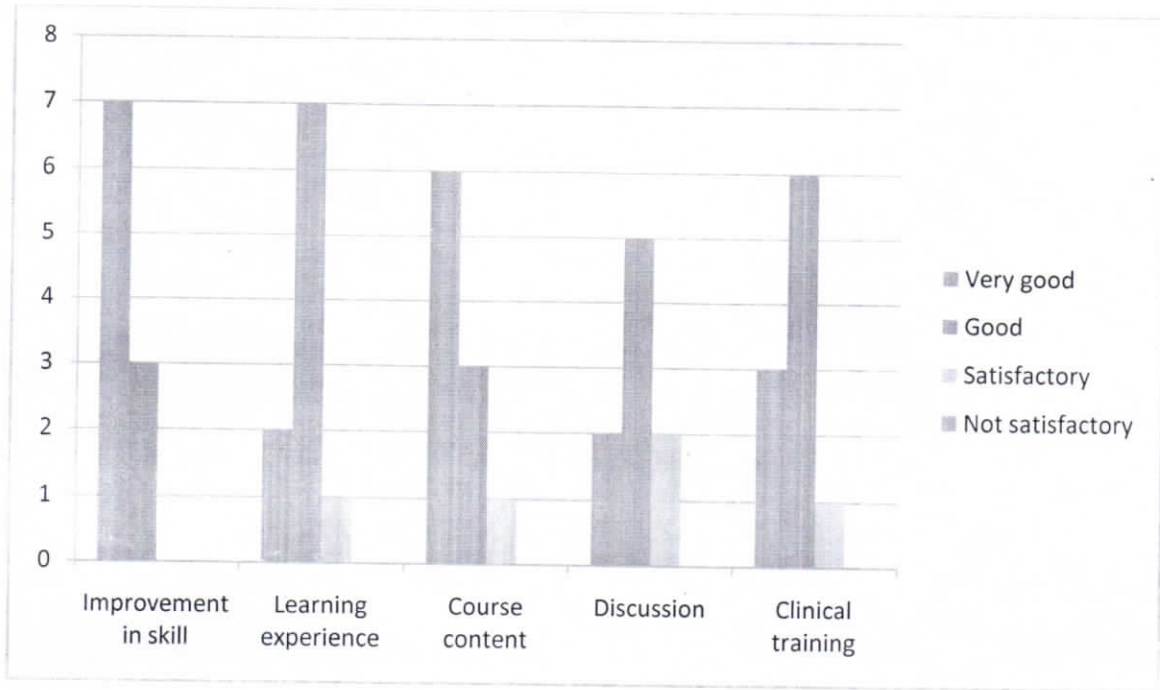
Department of Orthodontics and Dentofacial Orthopedics

Dept. of Orthodontics
& Research Centre
Maharaja University

Department of Orthodontics & Dentofacial Orthopedics

Short term course 2023

Feed back analysis



Suj-Hande
Dept. of Orthodontics
Rama Dental College-Hosur
& Research Centre
A-1, Lakshminagar, New Shikhar p
Maharaj University, Mysore-570017

RAMA UNIVERSITY, FACULTY OF DENTAL SCIENCE
DEPARTMENT OF ORTHODONTICS & DENTOFACIAL ORTHOPEDICS
REPORT: SHORT TERM COURSE (Habit Breaking appliance)

OBJECTIVE: To attain theoretical and clinical knowledge on Habit breaking Appliances

LEARNING OBJECTIVE:

Frequently children acquire certain oral habits which are harmful to dental occlusion. These habits should be recognized timely and managed. This course enabled the participants to diagnose and manage such cases successfully.

- The first part of the course comprised of the theory of the various aspects of oral habits.
- The second part dealt with the practical demonstration, appliance fabrication and appliance delivery and clinical management.

COURSE DETAILED PROGRAMME MODULE:

Total duration of course in no. of days –5

Day wise description of all the modules of course-

Day 1- Theory involving general concepts.

Day 2- Thumb Sucking

Day 3- Tongue thrusting

Day 4- Mouth breathing

Day 5- Lip /nail biting / bruxism

Day 6-Clinical demonstration & fabrication of thumb guard

Day 7- Clinical demonstration & fabrication of removable & fixed tongue crib.

Day 8-- Clinical demonstration & fabrication of removable & fixed tongue crib

Day 9- Delivery of the habit breaking appliances.

Day 10- Follow up (after 1 week).

INSTRUCTORS OF THE COURSE:

Dr. Sujit Panda, Dr.Karuna Singh, Dr. Zeba Siddiqui

COURSE OUTCOME:

Participants developed the skills to successfully manage harmful oral habits. All the important aspects of habit breaking appliances such as diagnosis, fabrication & appliance delivery were dealt in detail. At the end of the course a MCQ based assessment was conducted and students were evaluated based on it. Certificate were provided if the candidate had more than 90% attendance or scored more than 50 % in the exam conducted at the end of the course.

Dept. of Orthodontics
Rama Dental College-Hospital
& Research Centre
A-1, Lakhanpur (Near Shahu ji
Maharaj University) Kannur-200009.
Dept. of Orthodontics & dentofacial orthodontics



Dr. Sujit Panda
Prof & HOD

Rama University,

Faculty of Dental Sciences.

Department of Orthodontics & Dentofacial Orthopedics

Serial no.	Contents	Description/details
1	Title of the course-	Habit breaking Appliances
2	About the course- describe the importance/usefulness of the course in 200-250 words.	Frequently children acquire certain oral habits which are harmful to dental occlusion. These habits should be recognized timely and managed. This course will enable the participants to diagnose and manage such cases successfully. The first part of the course will comprise of the theory of the various aspects of oral habits. The second part will deal with the practical demonstration, appliance fabrication and appliance delivery and clinical management.
3	Eligibility/Who can apply?	<ul style="list-style-type: none">• Dental graduates.• Interns.• Post graduate students.• Private practitioners.
4	Fee structure? (Registration fee. Course fee- should be nominal, cover up all expenditure of the course to be decided by the dept.	1000/-
5	Account Details- given by the administration	Not to fill
6	How to apply? (Process of application- Contact person name, email id, contact number. Registration form/other	Contact Persons Name-Mrs.SandhyaDubey Email Id-admissions.rdc@ramauniversity.ac.in

	methods of registration- common for all depts. Provided by administration)	Contact Number-9919774489 / 0512-2580611
7	Important Dates (Application start date and end date)	Depends on the advisory of concerned authority.
8	Courseware	Not to fill
9	Instructors- mention names, emails&mob.nos.	Dr. Sujit Panda,Dr.Karuna Singh Dr. Sujit Panda <u>drsujitpanda@gmail.com</u> 9839138625 Dr.Karuna SinghSawhny <u>drKarunachib@yahoo.co.in</u> 9839176744 Dr Zeba Siddiqui <u>Lib8737@gmail.com</u> 9369389740
10	Mode of teaching: classroom/online	Classroom
11	Evaluation system	Not to fill
12	Course details/curriculum- detailed progamme module.	Total duration of course in no. of days –5 Day wise description of all the modules of course- Day 1- Theory involving general concepts. Day 2- Thumb Sucking Day 3- Tongue thrusting Day 4- Mouth breathing Day 5- Lip /nail biting /bruxism Day 6-Clinical demonstration &fabrication of thumb guard Day 7- Clinical demonstration &fabrication of removable &fixed tongue crib. Day 8-- Clinical demonstration &fabrication of removable &fixed tongue crib

		Day 9-Delivery of the habit breaking appliances. Day 10-Follow up (after 1 week).
13	Course outcome – mention the benefits for the aspirants of course in 50-70 words)	Participants will develop the skills to successfully manage harmful oral habits. All the important aspects of habit breaking appliances such as diagnosis, fabrication & appliance delivery will be dealt in detail.
14	Certification provided at the end of the course	Certificate will be provided if the candidate has more than 90% attendance or scores more than 50 % in the exam conducted at the end of the course.

Sujhanda
 Dept. of Orthodontics
 Rama Dental College-Hospital
 & Research Centre
 A-1; Lakhanpur (Near Shahu II
 Maharaj University) Kanpur-208002



RAMA
UNIVERSITY

WWW.RAMAUUNIVERSITY.AC.IN

228i

Ser No. _____

CERTIFICATE OF SHORT TERM COURSE

This is to certify that

Mr. / Ms. Dr. Firdaus Akhtar

has successfully completed more than 30 hours short term course on

" Habit Breaking Appliance "

conducted from 22.08.2023 to 02.09.2023 in the department

of Orthodontics & Dentofacial Faculty of Dental Science
Orthopedics

[Signature]
Dean/Principal

[Signature]
Registrar/Controller of Examinations



RAMA
UNIVERSITY

www.ramauniversity.ac.in

2281

Ser No. _____

CERTIFICATE OF SHORT TERM COURSE

This is to certify that

Mr. / Ms. Dr. Firdaus Akhtar

has successfully completed more than 30 hours short term course on

" Habit Breaking Appliance "

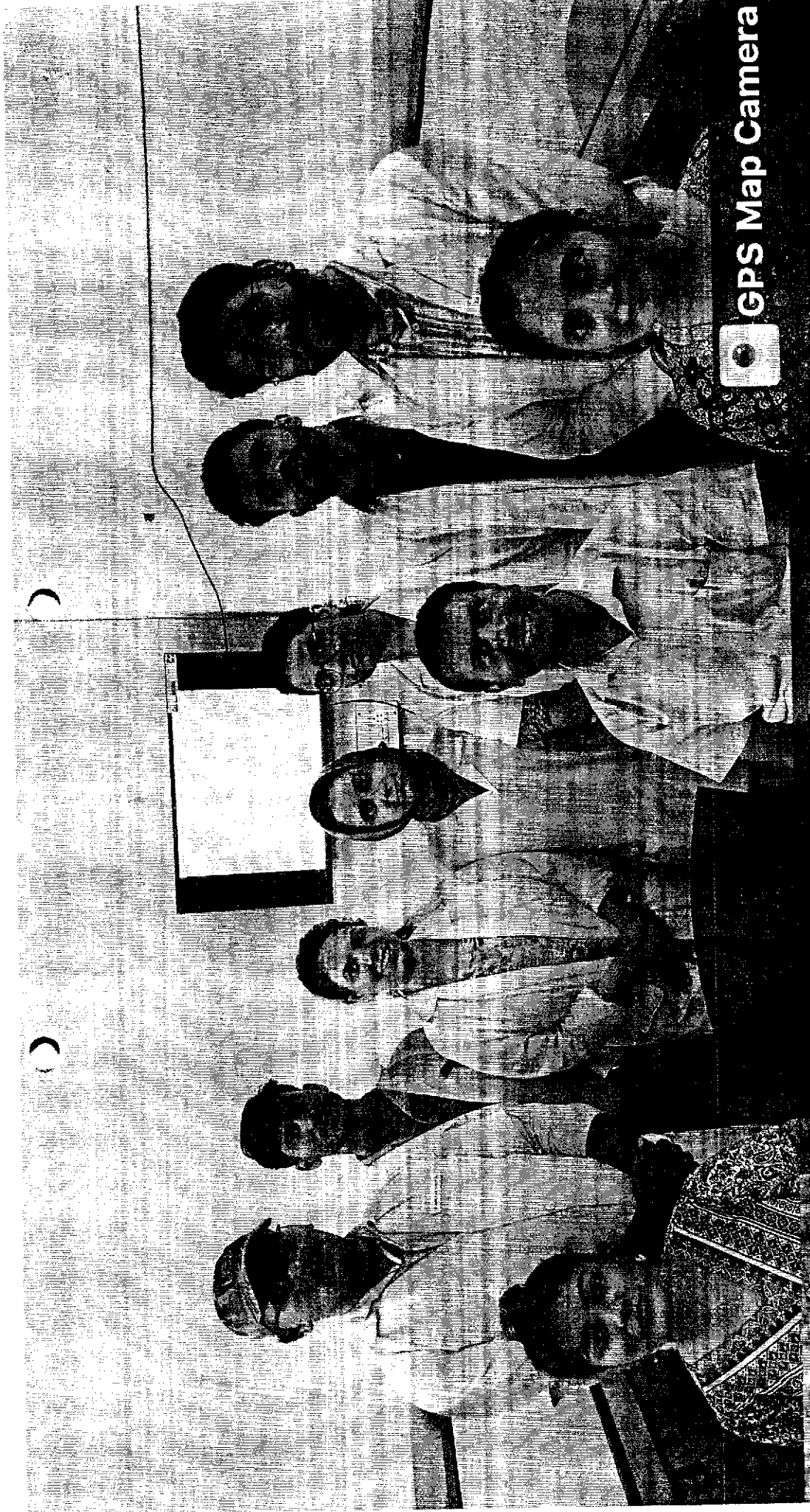
conducted from 22.08.2023 to 02.09.2023 in the department

of Orthodontics & Dentofacial Faculty of Dental Science
Orthopedics

Muhammad
Dean/Principal

R Rama

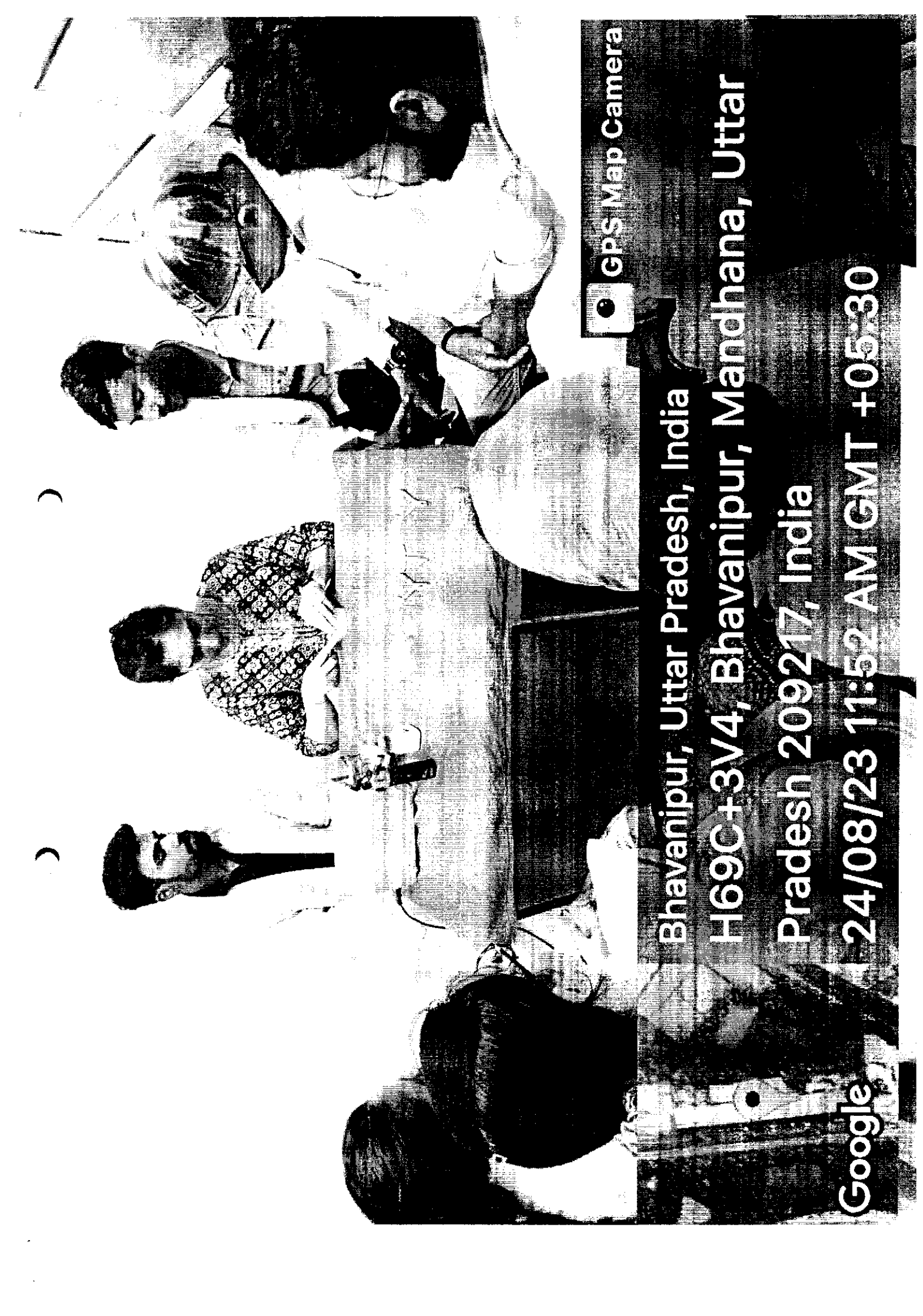
Registrar/Controller of Examinations



GPS Map Camera

Mandhana, Uttar Pradesh, India
H68C+W8X, RMC St, Mandhana,
Bhavanipur, Uttar Pradesh 209217, India
24/08/23 12:18 PM GMT +05:30

Google



GPS Map Camera

Bhavanipur, Uttar Pradesh, India
H69C+3V4, Bhavanipur, Mandhana, Uttar
Pradesh 209217, India
24/08/23 11:52 AM GMT +05:30

Google



GPS Map Camera

Bhavanipur, Uttar Pradesh, India
H69C+3V4, Bhavanipur, Mandhana, Uttar
Pradesh 209217, India

24/08/23 11:47 AM GMT +05:30

