

ORAL HYGIENE DAY 2024

Oral Hygiene Day is observed annually to raise awareness about the importance of maintaining good oral health. It emphasizes the role of proper dental care in preventing oral diseases and promoting overall well-being. By educating individuals on effective oral hygiene practices, this day seeks to encourage a lifetime of healthy habits, reduce the prevalence of dental issues, and highlight the critical connection between oral health and general health.

On August 1st 2024, the Department of Periodontology commemorated Oral Hygiene Day in our institution with a series of events aimed at promoting awareness and education on the importance of good oral health. Activities for various categories viz. teaching staff, non-teaching staff, postgraduates and interns included essay writing (A Happy Teeth Is A Happy Body, online poster (Oral Health For Public Awareness), quiz (General Dentistry), and rangoli (Oral Health) competitions that began a week earlier, all of which were designed to encourage healthy habits and highlight the connection between oral health and overall well-being.

The programme on 1st August 2024 began with an invocation song and welcome address, followed by the honouring of the esteemed guests, including Dean - Dr Edwin Devadoss, Principal - Dr Girish H C, Vice Principal - Dr Madhumati Singh, Director of Postgraduate Studies- Dr S Savita, and Head of the Department of Periodontology - Dr Vinaya Kumar R. Prizes were then distributed to the winners of the various competitions, recognizing their achievements and contributions.

Faculty members, postgraduates, interns, and non-teaching staff were all awarded for their participation and excellence. The winner of the logo competition, Dr Sushmita received special mention and recognition for her outstanding work and subsequently the logo of the Department of Periodontology was unveiled. The judges who lent their expertise to the competitions were also felicitated, as were representatives from Group Pharmaceuticals Limited for their generous contribution to patient care. Oral hygiene kits were distributed to around 100 patients who visited the out-patient department.

The event concluded with a vote of thanks from Dr. Nimmi Janardhanan, expressing gratitude to all participants, organizers, and guests. The programme ended with refreshments, providing an opportunity for everyone to reflect on the day's achievements and enjoy each other's company.