

<b>DATE:</b> 05.09.2020	<b>NO. OF STUDENTS:</b>
<b>FACULTY:</b> Dr. Jagannatha GV sir, Dr. Nagaland T sir, Dr. Nagappan N sir, Dr. Cyril Benedict sir	<b>ORGANISING AGENCY:</b> Final Year D Batch Students (2017-18 Batch)

## **SPECIAL EVENT REPORT**

### **NATIONAL ORAL HYGIENE DAY**

**5th September, 2020**

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## 1. INTRODUCTION

The National Oral Hygiene Day is celebrated on August 1.

The importance of celebrating National Oral Hygiene Day is to make the society aware of the importance of oral hygiene. Why do I use the word celebrate? Good oral hygiene is necessary for a good systematic health and good health leads to a happy life. When leading a happy and healthy life is this easy and simple, what's wrong in celebrating it. We as dentists have the major role in making people understand the importance of oral hygiene. The least we can do is to educate the society we live in. The goal of this event is to make people understand that good oral hygiene is a requisite to good health.

National Oral Hygiene Day aims to empower people with the knowledge, tools and confidence to secure good oral health. Oral diseases are a major health concern for many countries and negatively impact people throughout their lives. Oral diseases lead to pain and discomfort, social isolation and loss of self-confidence, and they are often linked to other serious health issues. And yet, there is no reason to suffer: most oral health conditions are largely preventable and can be treated in their early stages.

Who is National Oral Hygiene Day targeted to?

- individuals to take personal action
- schools and youth groups to deliver learning activities about oral health
- oral health professionals and the wider healthcare community to educate the populations they serve
- governments and policymakers to champion better oral health for all.

Whatever you decide to do, however big or small, contributes to improving the oral health of populations globally. Your mouth is a mirror to your body and reflects your general health and well-being.

Avoid risk factors, adopt good oral hygiene habits and have regular dental check-ups to help protect your mouth and body. A healthy mouth and a healthy body go hand in hand. Maintaining a healthy mouth is crucial to keeping it functioning correctly and for maintaining overall health and quality of life. Think Mouth, Think Health, empowers you to keep a healthy mouth and helps you maintain your general health and well-being.

It's never too early or too late to start looking after your mouth; your body will thank you. A good oral hygiene boosts your confidence.

We eat, speak and even smile using our mouth, giving it utmost importance among the body parts. It becomes imperative to look after oral health, no matter what age are we at. There are a number of diseases related to our oral health, including tooth decay, gum disease, cavities and bad breath. Ignoring these would lead to a greater risk to our body.

To celebrate the day, people hold conferences and seminars around the world, spreading awareness regarding oral health and hygiene. Half the people in the world suffer from oral diseases such as tooth decay and gum disease, which can affect all the things we take for granted, like eating, speaking and smiling. Brushing the right way is really important for a healthy mouth. Brush your teeth for two minutes, twice a day, using a fluoride toothpaste. Follow the right brushing technique i.e., brushing in circular motions – not back and forth.

Brushing your teeth with an old, frayed toothbrush won't clean your teeth properly. The average life of a toothbrush is about 3 months. Interdental cleaners help you reach those difficult areas between your teeth. Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.

There are so many important things to fit into our busy lives, make sure an appointment to visit the dentist is one of them. You may have avoided dentists in the past because you think it is going to be a scary experience. Just remember, it's a dentist's job to keep you safe and healthy – they play a crucial role in maintaining your overall health. Pledge to replace any reasons to say NO with a decision to GO!

The best way to protect your mouth is by going to the dentist for regular check-ups and dental cleanings. The dental team will remove any build-up of plaque, which if not managed, can lead to tooth decay. They can also advise on how regularly you need to book an appointment, depending on your specific needs.

- Just like other major diseases, prevention, early detection and treatment are important in keeping your teeth and mouth healthy, and to stop any potential negative effects on the rest of your body. Even better, when you work together with your dentist, you may avoid needing any treatment at all. Dentists will help you keep your mouth healthy your whole life.

- **PLEDGE TO** cut down on sugar in your diet . Too many sugary foods and drinks are bad for everyone – they are the number one cause of tooth decay. As adults, we should be having no more than 6 teaspoons of sugar daily, for children it's 3.

- **PLEDGE TO** avoid tobacco. Tobacco in any form, smoking or smokeless, is unsafe. Tobacco increases the risk of gum disease and oral cancer, and causes teeth staining, bad breath,

premature tooth loss, and loss of taste and smell. Don't risk your life for it – pledge to give it up.

•PLEDGE TO limit alcohol use Drinking too much alcohol is a major risk factor for a lot of diseases, including oral diseases. The acid and high sugar content of most alcoholic drinks can erode your teeth, causing dental caries. Alcohol can also cause cancers of the mouth and gum disease. Pledge to limit how much alcohol you drink – reach for water instead!

•Keeping your mouth healthy is essential for your general health and well-being. An unhealthy mouth can cause discomfort and pain making it difficult to eat and drink, act your confidence in social situations, stop you from going to school or work, and be linked with other serious health problems. In other words, an unhealthy mouth reduces your enjoyment of life.

On this National Oral Hygiene Day, we are asking everyone to make a pledge to look after their oral health and inspire others to do the same.

## **2. EVENTS**

### **2.1. LOGO OF THE DAY**

- Logo of the day was presented by Laurel Vijitha M and Logeshwari M.
- Logo was mouth along with a brush along with two important people portrayed near the wrist of the hand.
- Four main facts were focused on i.e. the age of the patient , role or dentist ,mother and patient himself.
- The Doctor and the mother being present near the wrist of the hand talks about how important the role of them is in the maintenance of the patient's oral hygiene.
- The mamelons seen in the incisors of the drawn mouth talks about the young age of the patient. This stresses on the point that oral hygiene starts from a young age.



## 2.2. PRESENTATION ON ORAL HYGIENE AIDS

- A PowerPoint on Oral hygiene aids was presented by Pavithra G and Pavithra M
- Your Mouth is the Gateway to Your Body.
- Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems .It is achieved by the help of oral hygiene aids .
- A brief description about oral hygiene aids is given along with animated videos
- The main idea behind the presentation was to inculcate the knowledge of oral hygiene aids to improve oral health.





# ORAL HYGIENE



Oral hygiene is the practice of keeping ones mouth clean and free of disease and other problems .

It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease.



## Power Tooth brush



In 1885, Fredrick Tornberg, a Swedish watchmaker designed the first mechanical toothbrush followed by the first powered toothbrush in 1939.

The heads of these toothbrushes oscillate in a side-to-side motion or in a rotary motion. frequency of the oscillations is around 40 Hz in an ordinary powered toothbrush.

### Indications

Young children

- Handicapped patients.
- Individuals lacking manual dexterity.
- Patients with prosthodontic or endosseous implants.
- Institutionalized patients including the elderly who are dependent on care providers.



**DENTAL FLOSS**

CLEANING PROXIMAL SURFACES WITH A NORMAL HEALTHY PAPILLA

**TYPES**

- TWISTED OR NON TWISTED
- BONDED OR NONBONDED
- WAXED OR UNWAXED
- THIN OR THICK

**METHODS**

- LOOP
- SPOOL




**TONGUE SCRAPERS**






### 2.3. KNOW THE GEGENOS

- The event Know the Gegenos was presented by NithyaSri BR and Niveditha R
- The unknown scientific and fun facts about dentistry and oral hygiene were displayed
- 17 interesting facts were displayed
- This was done to make the participants aware of the unknown facts about dentistry and oral hygiene aids.



#### 2.4. PRESENTATION ON BETTER TEETH BETTER HEALTH

- The power point on Better teeth and better health was presented by Mothi Rajathi K and Narendhar S.
- Introduction was given.
- The link between oral cavity and other systems of body was talked about
- Discussion on how oral health impacts other systems was done.
- Articles were reviewed to support the statement that oral health impacts systemic health.

# ORAL HEALTH IMPACTS SYSTEMIC HEALTH



Your mouth is more connected to the rest of your body than you might think



If you can't pinpoint the cause of a new symptom, maybe you should check in with your dentist



Many systemic health conditions show up in the mouth first



Regular dental exams could help keep your whole body healthy

## Impact of oral health on respiratory system

- Pulmonary diseases such as pneumonia, chronic obstructive pulmonary diseases (including emphysema), and exacerbations of chronic bronchitis all involve the aspiration of bacteria from the oropharynx into the lower respiratory tract.



## Diabetes & Your Oral Health

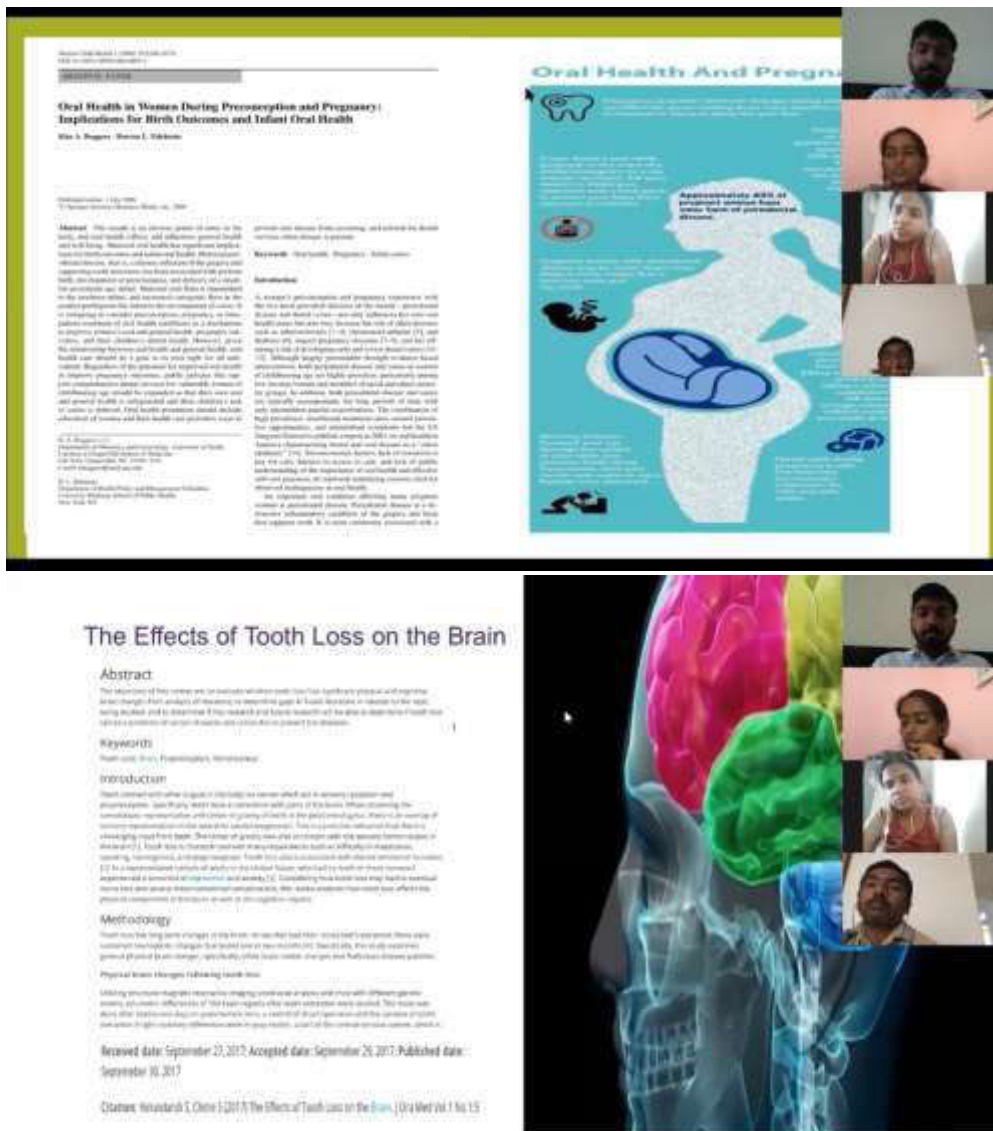


HEALTH FACTS

- EXCESSIVE TOOTH DECAY
- SALIVARY GLAND DYSFUNCTION
- GUM DISEASES
- 6 Oral Problems you can face if you have DIABETES
- FUNGAL INFECTION

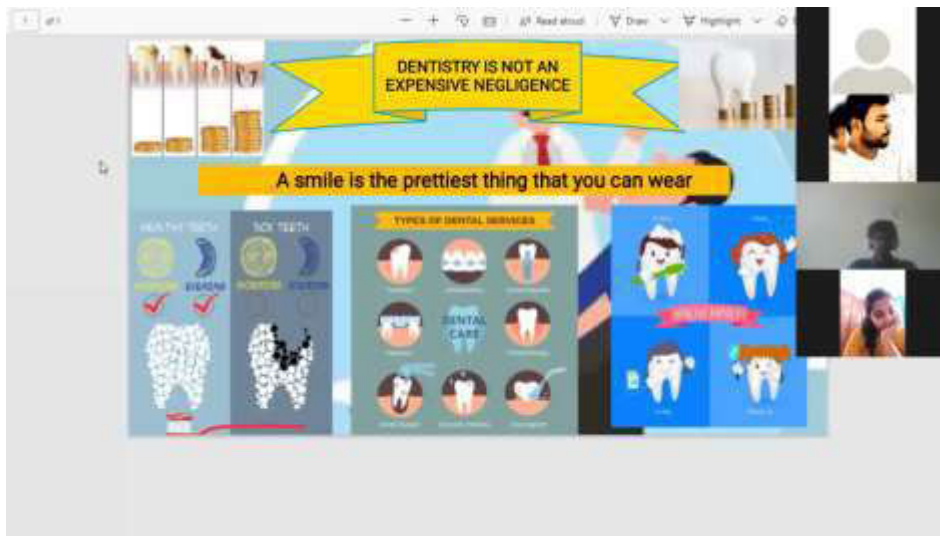






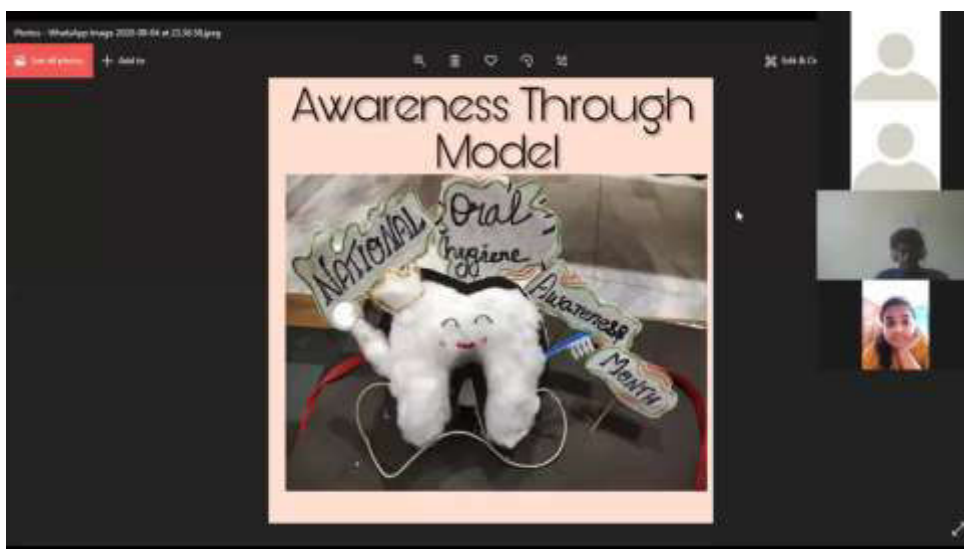
## 2.5. PRESENTATION ON DENTISTRY IS NOT EXPENSIVE, NEGLIGENCE IS

- The E-Poster on Dentistry is not expensive, negligence was presented by Maheshvaren S.
- The poster highlighted how good oral hygiene maintenance at an individual level can improve the oral health as well as systemic health. The importance of oral hygiene measures that are mandatory to be followed and how it can lead to a viscous phase if not followed properly was explained.



## 2.6. MODEL EXHIBIT

- The model on oral hygiene was presented by Dharunya.
- The importance of a healthy tooth's impact on a healthy and happy smile was highlighted. Key points on the basic measures we can take at an individual level at a daily basis was explained.

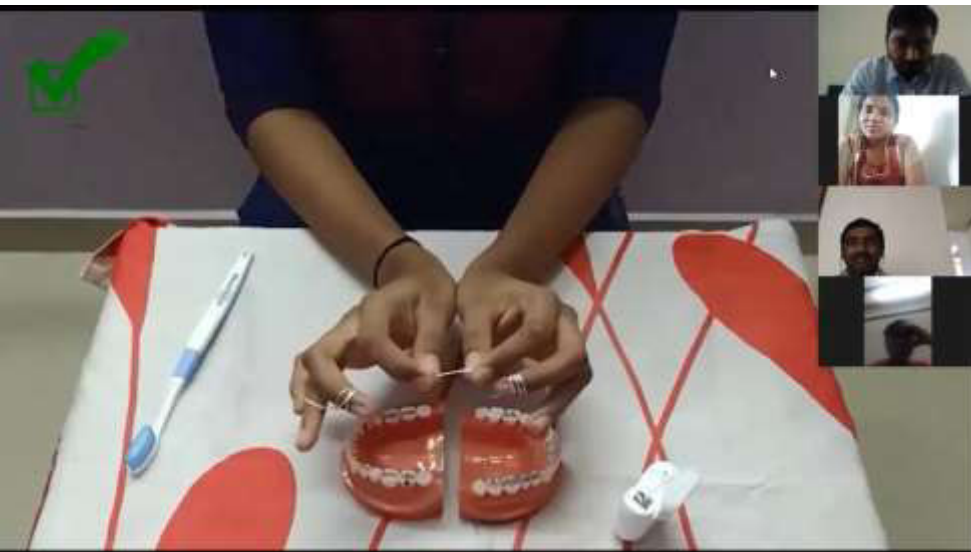


### 3. VIDEOS

#### 3.1. ORAL HYGIENE- B'CUZ YOUR SMILE DESERVES IT

- A video on Do's and Don'ts for a good oral hygiene practice was presented by Mukilan SC and Nandini N.
- They enacted the Do's and Don'ts in Oral hygiene practice.
- Oral hygiene instructions:
- Personal oral hygiene aids must not be shared. It should be stored separately. It should not come in contact with others oral hygiene aid.
- Avoid eating sugar rich diet at night. Brush at least 30 minutes after food intake. Brush two times a day. Once in the morning after you get up and once before going to bed.
- Use a pea-sized amount of toothpaste (for 3+ years) while brushing.
- Flossing technique- SPOOL METHOD: Take a 18-20inch long floss. Wind it around on the middle finger of both the hands. Hold the floss tightly between the thumbs and forefingers of both the hands leaving a 1-2inch long floss between them. Curve the floss into a C- shape against the side of the tooth. Gently move the floss up and down keeping it pressed against the side of the tooth. Do a pull-push motion. Floss all your teeth. Do not forget to floss your back teeth.
- Brushing technique- MODIFIED BASS TECHNIQUE: Take medium bristle toothbrush. Place it at a 45° angle to the gum line contacting the front surface of the teeth and the gums. Take 2-3 teeth at a time. Small circular vibratory motion is made. Followed by a sweeping motion from the gum line to the biting surface of the teeth. Do the same on the front teeth and the inner surface of the back teeth. For the inner surface of front teeth, position the brush in a vertical direction such that the tip bristles of the toothbrush contact the tooth surface. Follow the same technique. Do small circular or front-back motion to brush the biting surfaces of the teeth.
- Always swish your oral cavity with a mouthrinse. Use a mouthrinse 30 minutes before or after brushing your teeth.
- Use a plastic tongue scraper once or twice daily after brushing your teeth.
- Always air dry your toothbrush after brushing your teeth in a upright position before storing it.
- Use a medium bristle toothbrush to brush your teeth.
- Apply gentle force to brush your teeth. Avoid any vigorous motion of brushing your teeth.
- Do not bite your toothbrush while brushing your teeth.
- 2 minutes for 2 times a day must be dedicated to brushing your teeth.
- TIPS:
- Ensure that the place you store your toothbrush is 6ft away from the toilet area.
- Replace your toothbrush 3-4months of use or when the bristles are frayed.
- Replace your toothbrush after an illness like the flu.

- Visit your dentist to know the apt toothbrush and brushing technique for you.
- Go for regular dental checkups. Do not miss your dental appointments.





### 3.2. MEMES- HUMOUR OF TEETH

This event was conducted by Priyadarshini Ganesan and Pratosh K.

Memes session was made to depict the importance of oral hygiene in a humorous way. It didn't fail to make the audience laugh.



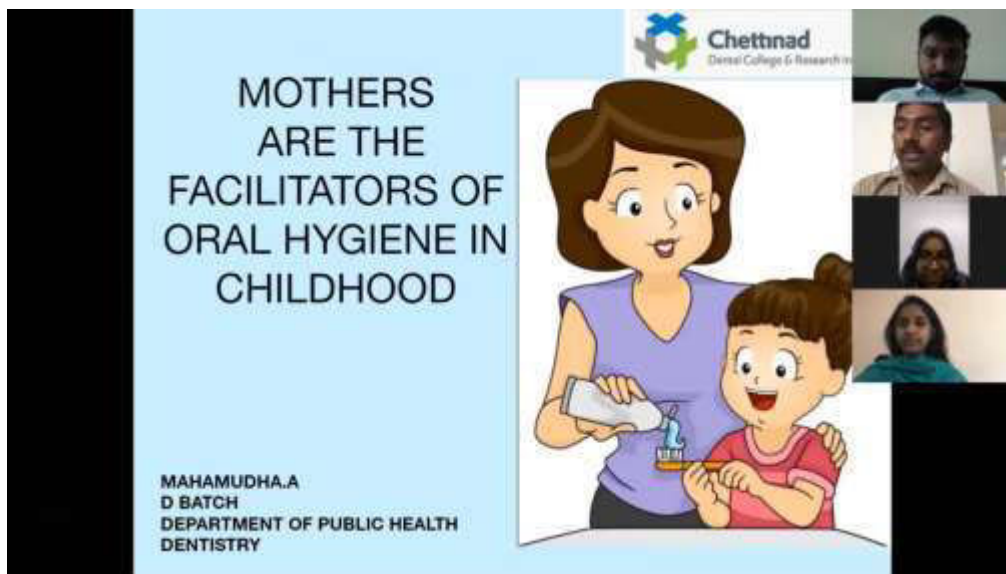


#### 4. SPECIAL EVENT

##### 4.1. MOTHERS ARE THE FACILITATORS OF ORAL HYGIENE IN CHILDHOOD: AN ONLINE BASED SURVEY

- The survey results were presented by Mahamudha A.
- An online based survey was created and circulated among the mothers of children aged upto 12 years of age .The aim of this study was to investigate oral hygiene and frequency of oral cleaning in children upto 12 years, in relation to mother related factors
- The main objectives of this study was to assess the mothers perception towards oral hygiene . To analyse the mothers perception of their ability to maintain their children's oral hygiene. To assess knowledge and attitude towards the Oral hygiene practices .

- From the survey , the results obtained are,
- The higher frequency of mothers' own tooth brushing has an obvious impact on the higher frequency of oral cleaning for the child and his or her good oral hygiene.
- The mothers positive perception of their ability to maintain their children's oral hygiene showed no association with higher frequency of oral cleaning for the child.
- The level of mothers education is not positively correlated with the child's oral cleaning frequency.
- On conclusion,
- To improve oral hygiene in childhood , more emphasis should be placed on mothers own toothbrushing
- Regular and frequent oral cleaning in early childhood should be emphasized and parents should receive basic instructions for performing this task.





## RESULTS

- The results of the present study indicate that a higher frequency of mothers own toothbrushing has an obvious impact on the higher frequency of oral cleaning for the child and his or her good oral hygiene.
- The mothers positive perception of their ability to maintain their children's oral hygiene showed no association with higher frequency of oral cleaning for the child.
- The level of mothers education is not positively correlated with the child's oral cleaning frequency .

#### 4.2.PARENT AWARENESS PROGRAM FOR CHILD'S DENTAL HEALTH

- The awareness program on Oral hygiene was conducted among the Pregnant mother and Mother of children below the age of 5years in a Zoom Interactive session. This event was organised and conducted by Mukilan SC, Nandini N, Nithyasri BR, Pavithra M.
- Dental hygiene: how to care for your Child's teeth (for parents)
- Child's well being is the parents' biggest concern and their oral hygiene is an important part of their overall health. The care for the Child's teeth begins with the parents. Parents can set the right path for a lifetime of excellent oral hygiene for their kids.
- Session 1 aimed at discussing the basics of Child's dental care routine. It was explained using E-posters.
- Session 2 was staged as an interactive session where the participants can raise their questions and clear their doubts regarding their child's dental routine.

# Dental Care During Pregnancy is **Safe and Important**

A healthy mouth for mother, a healthy start for baby



WHEN YOU'RE PREGNANT  
YOU MAY BE MORE PRONE TO

**GUM DISEASE  
AND CAVITIES**



After your baby is born,  
you could pass the  
bacteria that contributes  
to cavities from your  
mouth to hers.



THAT'S WHY  
**EVERY PREGNANT WOMAN  
NEEDS TO GET A  
DENTAL CHECK-UP**

**MAKE YOUR APPOINTMENT  
BEFORE THE BABY COMES**



ONCE SHE COMES,  
WE'RE GUESSING YOU'LL  
**BE PRETTY BUSY**







#### **4.3. ORAL HYGIENE AWARENESS PROGRAM AMONG GERIATRIC AGE GROUP**

- The awareness program on Oral hygiene was conducted among Geriatric individuals on an online platform and was presented by Pavithra G.
- Good Geriatric dental care may help prevent common problems, like toothaches, gum disease, and tooth loss. Healthy teeth also help older adults enjoy food and eat better.
- A live questionnaire session was made to assess their knowledge towards oral hygiene .
- Various old people shared their daily experience on how they maintain their oral hygiene.

- This video is done to inculcate the importance of oral hygiene among Geriatric age group .





## 4. GAMES

### 4.1. CAMOUFLAGE

- The Camouflage game was conducted by Mothirajathi.K and Mahamudha.A
- The rules were
- To find the hidden object in the image provided
- The hidden object would be a oral hygiene aid
- Hidden object should be found within 60 seconds
- The participants were divided into four teams and this game was conducted in two rounds.

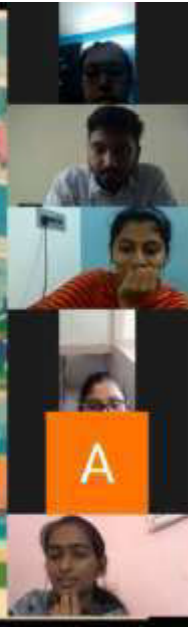




# CAMOUFLAG CRASH

MOTHIRAJATHI AND MAHAMUDHA  
FINAL YEAR D BATCH  
(2017-2018)  
DEPARTMENT OF PUBLIC HEALTH DE







#### 4.2. CONNEXIONS

- The Connexions game was conducted by Pavithra G and Pavithra M.
- This event was based on connecting pictures to get a word which was related to oral hygiene day.
- A word related to oral hygiene was split into various images and the participants had to find the answer by stringing the images together.
- This event was conducted to know more about oral hygiene day, why it is celebrated and various oral hygiene aids in a funny way

#### 4.3. MIND BOGGLER.

- The Mind Boggler game was conducted by Niveditha R & Nithyasri B R
- A crossword puzzle with questions framed on oral hygiene aids , instruments in dentistry, oral pathological conditions and dental materials
- The game was conducted between four teams A , B, C & D comprising of final year students , Interns and post graduates
- 4 sets of cross word puzzle with 5 questions each
- An extra crossword puzzle for tie breaker with 4 questions was framed
- A time limit of 60s was given for each question
- Active participation by students , interns and post graduates was appreciated

#### 4.4. EUREKA MOMENTS

- The eureka moments quiz was conducted by Laurel Vijitha M, Logeshwari M, Nandini N.



- Conducted quiz for final years, intern batch and PG students. The questions were fully based on oral hygiene aids and its awareness. There were 3 rounds conducted. picture quiz, jumbled words and normal quiz. Each round had 4 questions. Each group had 45 seconds to answer the question.
- Every group took part in the quiz with a spark.

# PICTURE QUIZ

TIME LIMIT: 30 SECONDS ONLY

CORRECT ANSWER : 5POINTS

PASSED ANSWER : 2POINTS



## FIND THE ODD ONE OUT



## GUESS THE PICTURE





FLUORIDE CONTENT IN WATER IN AREAS WITH COLD CLIMATE  
CONDITION

- A. MORE THAN 1PPM
- B. 1PPM
- C. LESS THAN 0.7PPM
- D. 4PPM



CONCENTRATION OF CHLORHEXIDINE IN HAND WASH

- A. 1%
- B. 2%
- C. 1.2%
- D. 0.12%

## 5. CONCLUSION

The National Oral Hygiene Day event by the Final Year D Batch students concluded with a thankyou addressal showing sincere gratitude towards the Department of Public Health Dentistry and the Head Of the Department and the staff for the opportunity and continuous support and motivation throughout the event.

## 6. APPENDIX- LIST OF PARTICIPANTS

### Faculty present:

1. Dr. Jagannatha GV sir
2. Dr. Nagaland T sir

3. Dr. Nagappan N sir
4. Dr. Cyril Benedict sir

**PG present:**

1. Dr. Sujatha Devi
2. Dr. Vincy Preetha
3. Dr. Charumati

**Final Year Students- D Batch:**

1. Laurel vijitha .M
2. Logeshwari.M
3. Mahamudha.A
4. Mothirajathi.K
5. Maheshwaran.s
6. Mukilan.S.C
7. Nandini.N
8. Narendhar.S
9. Nithya Sri .B.R
10. Niveditha.R
11. Pavithra.G
12. Pavithra.M
13. Prathosh.K
14. Priyadarshini Ganesan
15. Dharunya

**Final year students:**

1. Dhanesh Bala
2. Lakshana

3. Gokul.S
4. Kamalisha
5. Kaviya.S
6. Jaya varsha
7. Kowsalya.p
8. Kaavya.B
9. Ishwariya.S
10. Ishwarya.M
11. Joseline rosary
12. Kanishka Nandini
13. Kavya maran

**Interns:**

1. Ashwini.S
2. Harthika.Rk
3. Jeevan joshua
4. Kaviya boopalan
5. Mahalakshmi
6. Rinshi fasal
7. Riszi chauhan
8. Sai shruthi.HN
9. Sharmista
10. karunakaran
11. Siddharth
12. Soundhar rajan
13. Sriram pugalenth
14. Steffy selastin



15. Sumithra
16. Pooja
17. Yuvaranjini
18. Yamini
19. Dakshin
20. Pavithra Latha



### Logo of the Day

Chettinad  
Dental College & Research Institute

DEPARTMENT  
OF PUBLIC HEALTH DENTISTRY

Happy Oral Hygiene Day



Activate Windows  
Go to Settings to activate Windows.

Zoom Meeting

Participants (41)

Find a participant

- Dr. Jagannath G
- Rachita R
- Jayakrishna
- Sanjay S
- Ushra V
- Logeshwar M
- Maheshwari
- Maheshwari A
- Mahesh S
- Mohi Rajesh
- Nandini H
- Narendhar Sreedharan
- Nithya E
- Srinivasan P

Type here to search

10:14 01-09-2024



**Chettinad**  
Dental College & Research Institute

A screenshot of a Zoom meeting interface. The main area shows a grid of 20 video thumbnails of participants. The names of the participants are visible below each thumbnail. On the right side, there is a 'Participants (41)' list with names and icons for muting, video on/off, and chat. At the bottom, there is a search bar and system tray icons.

A screenshot of a Zoom meeting in full-screen mode. The main content is a presentation slide with a dark blue background and white stars. The title 'CAMOUFLAGE CRASH' is written in large, colorful, bubbly letters. Below the title, it says 'MOTHIRAJATHI AND MAHAMUDH FINAL YEAR D BATCH (2017-2018) DEPARTMENT OF PUBLIC HEALTH DENTISTRY'. On the right side, there is a vertical strip of four video thumbnails of participants. At the bottom, there are navigation icons for 'Mute', 'Stop Video', 'Participants', 'Chat', 'Share Screen', 'Screen', and 'Refresh'. A 'Leave' button is in the bottom right corner.



**Chettinad**  
Dental College & Research Institute

Zoom Meeting

Recording

**MOTHERS ARE THE FACILITATORS OF ORAL HYGIENE IN CHILDHOOD**

**MAHAMUDHA, A D BATCH DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

Chettinad Dental College & Research Institute

Participants (41)

- Pavithra M (Me)
- Madhu I C (Host)
- Dr. Jagannath GV
- Mahamudha A
- Arun S
- Dakshin D
- Dhanesh Babu
- Dhananya
- Haritha RK
- Kavay Arshad
- Kanya Bhoopalan
- Lalitha Vijitha
- Lijeshwari M
- Mahabubam

Type here to search

10:15 01-09-2018

Chettinad Dental College & Research Institute

**ORAL HYGIENE AIDS**

**M.PAVITHRA, G.PAVITHRA**  
**D Batch, Final year 2017-18**  
**Department of Public Health Dentistry**

Please click on the window to display more participants video.

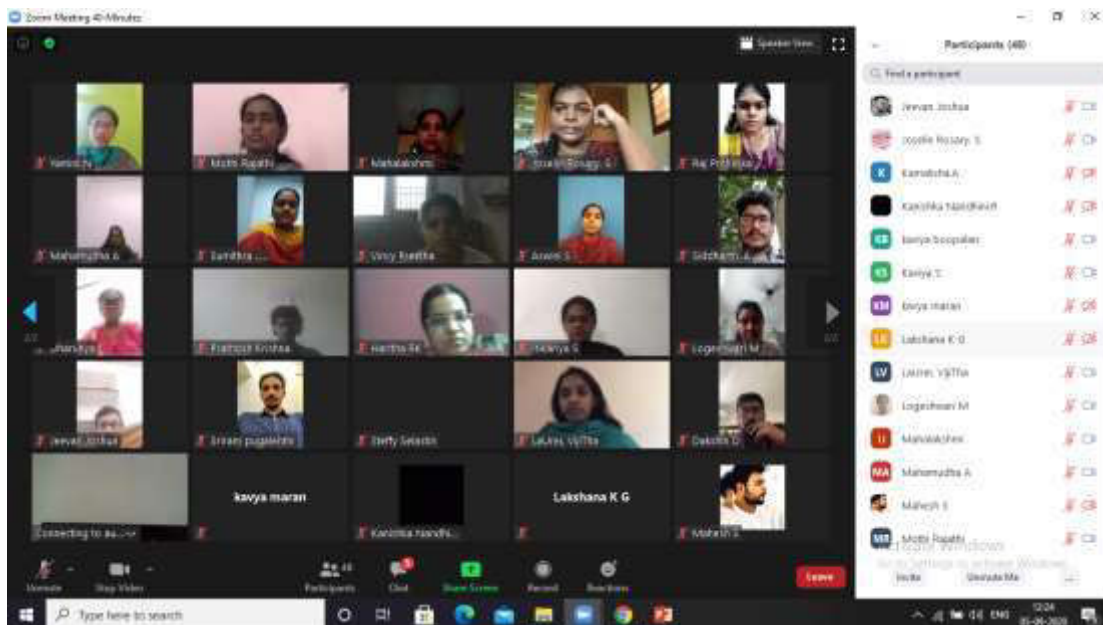
Madhu I C (Host) Pavithra M

Dakshin D

Mahabubam


Sarathra





Chettinad  
Dental College & Research Institute

## Department of public health dentistry



Better teeth Better health

Moth  
Nare  
Final year  
D Batch  
2017-18 batch



Recording  
Photos - WhatsApp Image 2020-09-04 at 22:26:59.png

Model

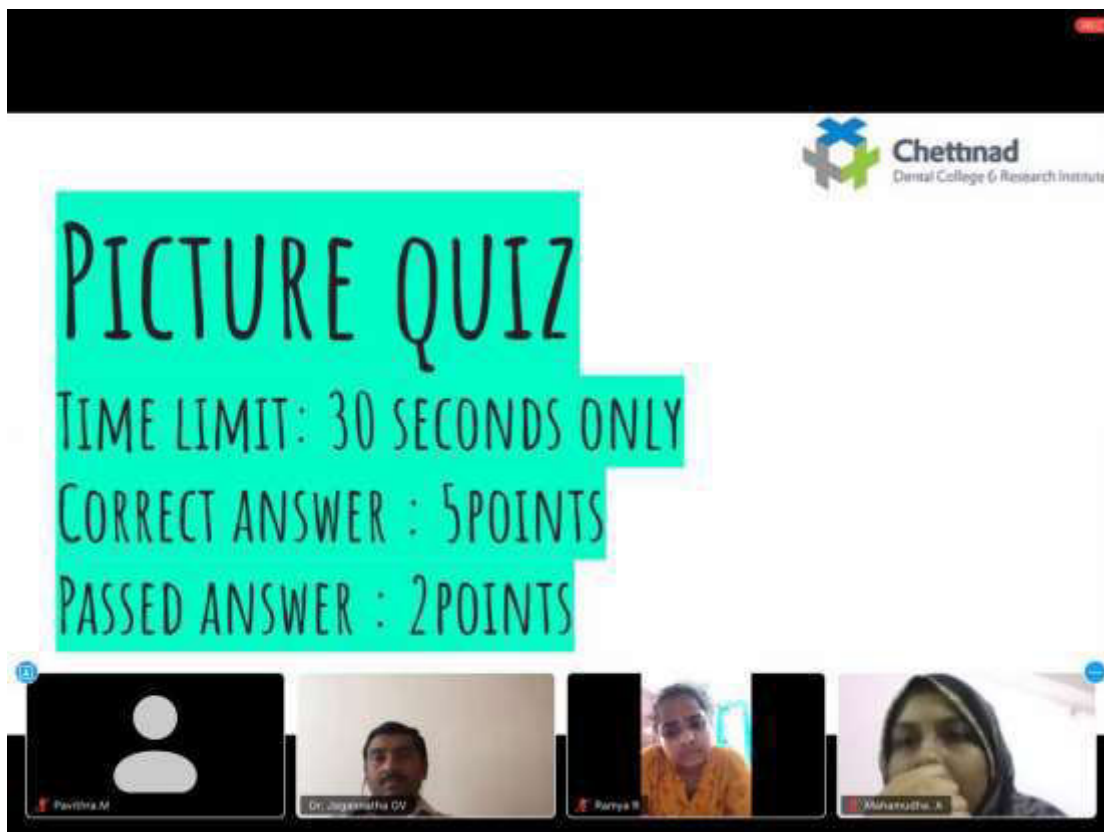


NATIONAL Oral hygiene Awareness Model

Dr. Aganisha D

Dharanya

Activate Windows  
Go to Settings to activate Windows.





## PROBLEM ASSOCIATED WITH AGE

- DIABETES LEADS TO GUM PROBLEMS
- GUM DISEASE LEADS TO HEART DISEASE
- SENSITIVITY AND YELLOWISH TEETH DUE TO LOSS OF ENAMEL
- DRY MOUTH DUE TO USE OF MEDICATION
- ROOT DECAYS SEEN AS GUM RECEDES FROM TEETH
- BITE AND APPEARANCE ISSUES DUE TO LOSS OF TEETH
- DENTURES INDUCED STOMATITIS DUE TO ILL FITTING DENTURE



## PREVENTIVE MEASURES

- BRUSH TWICE DAILY
- USE DENTAL FLOSS DAILY
- USE MOUTHWASH DAILY
- KEEP DENTURES CLEAN AND HYGIENE
- EAT HEALTHY AND BALANCED DIET WHICH IS RICH IN FIBER
- SEE YOUR DENTIST PERIODICALLY

By pavithra.G



Participants (43)

- sai shruthi H.N
- Sharmista Karunakaran
- Siddharth .A
- Soundhar Rajan
- Sujatha Devi
- Sumithra .....
- Valar Mathi
- Vincy Preetha

Invite

Participants (39)

- Dr. Jagannatha GV
- Gokul S
- Haritha RK
- jaya varsha
- Kamalisha.A
- kaviya boopalan
- Kaviya S
- Lakshana K G

Invite





**Chettinad**  
Dental College & Research Institute

Participants (39)

LV	LaUreL VijiTha	
	Logeshwari M	
U	Mahalakshmi	
	Mahamudha. A	
MR	Mothi Rajathi	
N	Nandini N	
	Narendhar Sreedharan	
	Nithyasri B.R	

Invite

Participants (41)

K	Kowsalya .P	
LK	Lakshana K G	
LV	LaUreL VijiTha	
	Logeshwari M	
U	Mahalakshmi	
	Mahamudha. A	
MR	Mothi Rajathi	
N	Nandini N	

Invite



Participants (39)

Search

- P Pavithra.M (me)
- MS Mukilan S C (Host)
- PG Priyadarshini Ganesan
- A Aswini S
- Dakshin D
- Dhanesh Bala
- D Dharunya

Invite

Participants (43)

- N Nithyasri B.R
- P Pavithra G
- P Pavithra Latha
- P POOJA LAKSHMANAN
- P Prathosh Krishna
- R Raj Prithivika
- R Rinshi Fasal
- R Rizvi Chouhan

Invite