

CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE

STRESS AWARENESS MONTH 18.07.2020

FINAL YEAR B BATCH (2016 2017)

DATE AND VENUE: 18.07.2020(ZOOM APP)

TIME_10:45 _ 4:30 PM

STUDENTS PARTICIPATED

1.N.ATEEQ AHAMED

2V.BALAJI

3.BALAN SAMRAJ.E

4.CHANDHINI.S

5.DEEPIKA.R.M

6.GOWTHAM.P.D

7.GOWTHAM.B

8.HARISH. P

9.HEMALATHA

10.JAYABALAN.C

11.JAYAKUMAR.P

12.JINEESH.M

13.JOHNVEE.S

INTRODUCTION

- We the students of B_BATCH FINAL YEAR conducted a event on STRESS AWARENESS MONTH
- On the occasion of the stress awareness month we want to spread the people how to control the stress.
- We made some poster and chart presentation to spread the awareness and we conducted some kind relaxing games on zoom app which is quite interesting
-

- Then we made a video on how the people control the stress and we explained about the consequences of the stress and we explained how to control the stress and to live a stress free life.

- **ABOUT STRESS AWARENESS MONTH**

- First of all there is no specific day to celebrate stress awareness day
- But UNITED STATE OF AMERICA declared November as STRESS AWARENESS MONTH

ROLES DONE BY B BATCH STUDENTS DURING THE EVENT

- INTRODUCTORY SPEECH_N.ATEEQ AHAMED
- E_BADGE_E.BALAN SAMRAJ
- E_POSTER 1 _GAUTHAM.B
- E_POSTER 2 _JAYAKUMAR
- CHART PRESENTATION JAYABALAN.C
- AV PRESENTATION 1 _DEEPIKA.R.M
- AV PRESENTATION 2 _GOWTHAM.P.D
- POETRY RECITSTION_BALAN SAMRAJ
- PUBLIC VIEW VIDEO _JAYAKUMAR

- Games

- CROSSWORD PUZZLE_ATEEQ AHAMED AND JINEESH.M

- EMOJI CHALLENGE _JOHNVEE AND HEMALATHA

- RAPID FIRE _CHANDHINI.S

- VOTE OF THANKS _CHANDHINI

- PAMPHLET_HARISH.P



This is the poster presentation done by P.JAYAKUMAR which explains about the factors which are the stress and giving some tips for stress management.

Stress Awareness Month

70% of people are constantly under stress

women are stressed more often than men

young people are more prone to stress

stress is the cause of 80% of disease

Why dentist are stressed

- Confinement
- Isolation
- Economic Pressure
- Time Pressure
- Compromise treatment frustration
- Patients anxiety
- Stress of perfection

CAUSES OF STRESS

- 1) Physiological stressors
- 2) psychological factor
- 3) socio cultural stressors
- 4) Environmental stressors

Simple ways to Overcome stress

- GET EXERCISE**
Learning your exercise and getting it all done will make you feel better and healthy.
- TURN OFF YOUR PHONE**
Instead spend this time doing something that will result in immediate gratification. This could be reading, watching, or hanging out with friends.
- TAKE A NAP**
Even if you only have enough time for 15 minutes, get some sleep during your break to recharge.
- LISTEN TO SOOTHING MUSIC**
If you get those jet-lag or day after a long flight, listen to some soothing music and it will help you feel better.
- GET CREATIVE**
If you're creative, consider yourself off the creative page. Drawing, writing, or even taking photos of the things that are causing you stress and anger.

FOUR TYPES OF STRESS

CHRONIC BUSTRESS (GOOD STRESS)	ACUTE BUSTRESS (GOOD STRESS)
ACUTE DISTRESS (BAD STRESS)	CHRONIC DISTRESS (BAD STRESS)

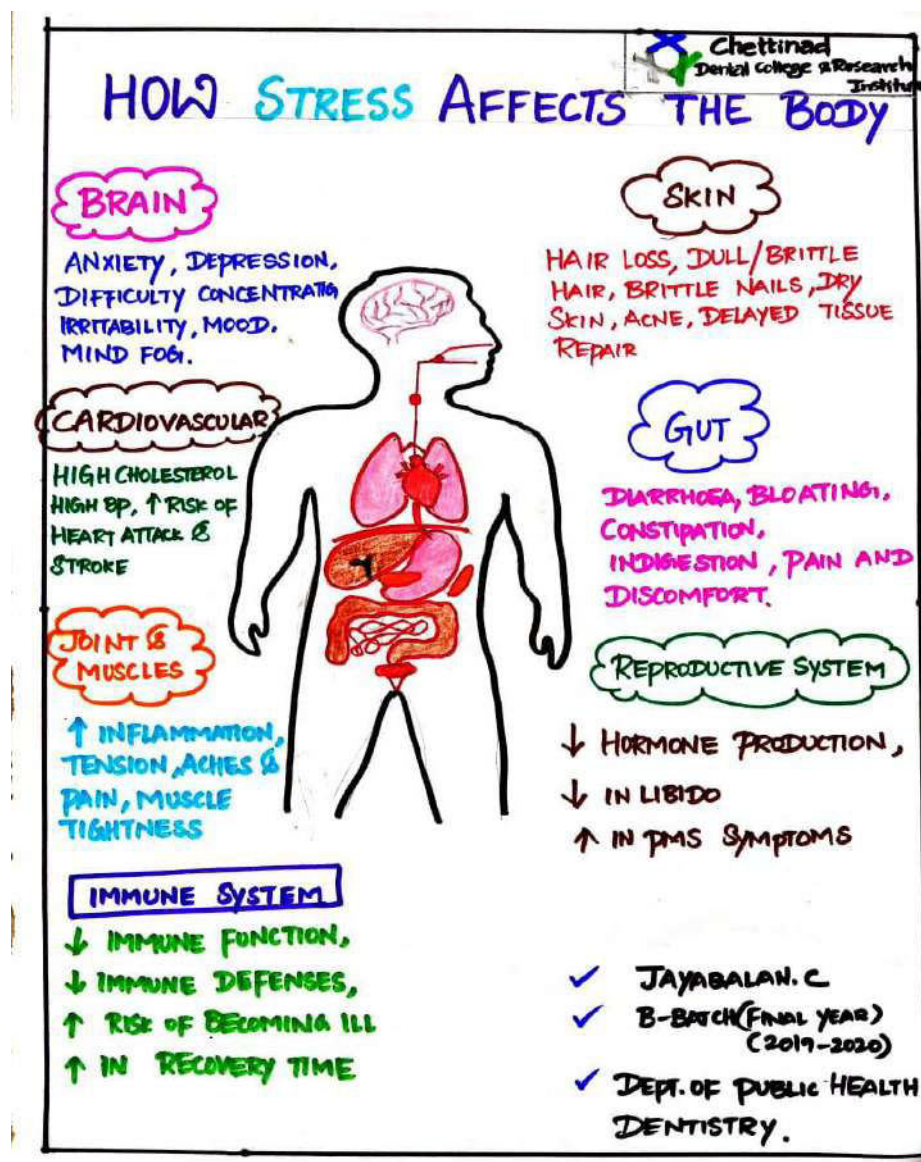
Chettinad
Hospital & Research Institute

This is the chart presentation done by JAYABALAN.C which explains about the causes of stress and how to overcome the stress and to lead a stress free life.

CAUSES OF STRESS:

1. Inadequate sleeping time
2. Becoming more stress in panic situation
3. Physiological stress like exam tension
4. Environmental stress like noise air pollution etc.

And he explain about the four type of stress.






This is the chart presentation done by JAYABALAN. C which explain about the systemic effects of stress which affect the body parts. This also explains about the precautionary measures to lead a stress free life and to overcome the stress.


This is the STRESS AWARENES MONTH E_BADGE done by the B_BATCH students which explains about the decreasing the stress and do the yoga and to lead a stress free life.u

STRESS

When do we get stress
Is it due to lack of finan
Is it due to lot of diseas
Maybe due to life's regi




many things cause stress,
which hinder our progress.
Imighty's omnipresence,
...I get rid of our grievances.



**Progress and regress are natural!
Undergoing stress is insensible,
We should make up our minds cheerful!
Spiritual guidance makes us adorable.**

-E.Balan samraj.







































This is the poem about the stress done by BALAN SAMRAJ.E which explains about the stress and giving support and boost to the people who are feeling depressed and who are living in a stressful life.

4G 4G 12:27 14.8 KB/s

Voice LTE2 4G 51%

Close Participants (37)

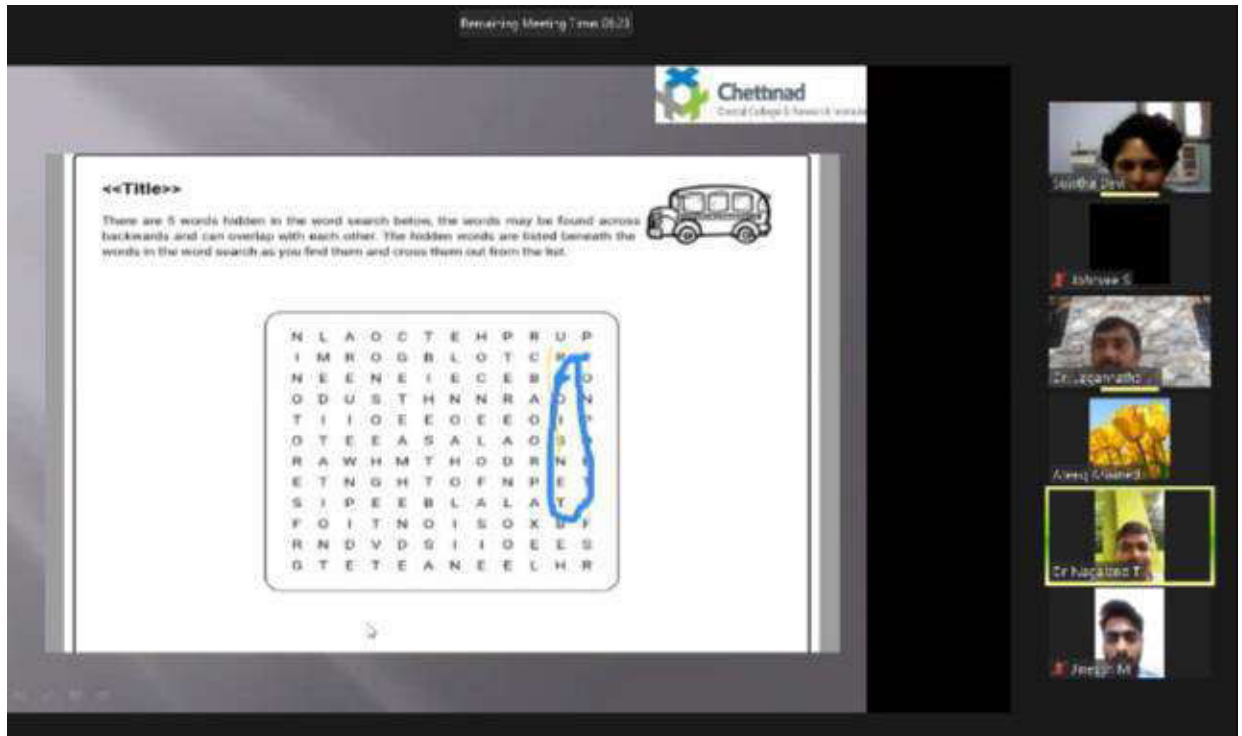
-  Gautham B   >
-  Gowtham PD   >
-  Harish P   >
-  Harish Raghav   >
-  Hema Latha   >
-  Hema Suresh   >
-  Jayabalan C   >
-  Jineesh M   >
-  Johnvee S   >
-  Kavitha Mohan   >
-  Keerthana Manikandan   >
-  krithika rajan   >

Invite

Mute All



This is the PAMPHLET done for STRESS AWARENESS MONTH by HARISH.P which explains about the what and all positive effects for living without stress and some tips to lead a stress free life.

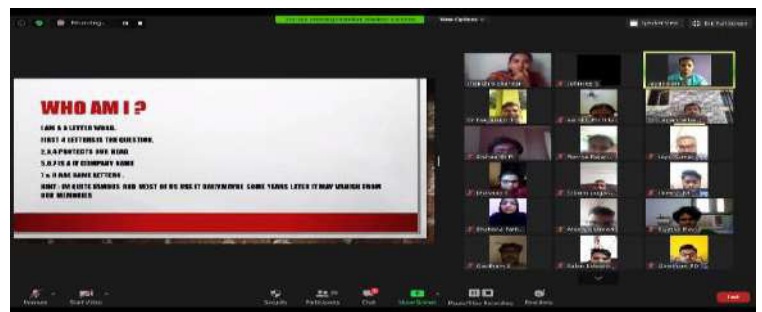


This are some mind relaxing games like crossword puzzle done by ATEEQ AHAMED.N AND JINEESH.M



HEMALATHA S
JOHNVEE S
B BATCH
Department of public health
dentistry

This is EMOJI CHALLENGE done by HEMALATHA AND JOHNVEE.

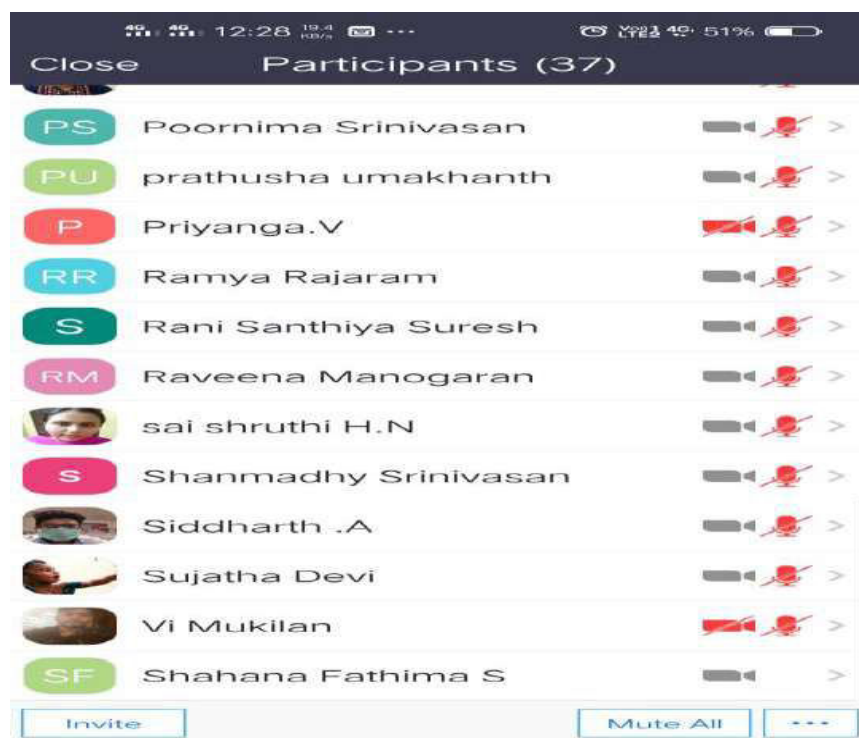


This is the riddles done by JAYABALN.C

ATTENDENCE SHEET:
NO OF STUDENT PRESENT:13/13






































FACULTY PRESENT:8
1.DR.JAGANNATHAA
2.DR.NAGALAND
3.DR.NAGAPPAN
4.DR.CYRIL BENEDICT

5.ALL INTERNS PRESENT



Close Participants (37)

Search

-  **Jaya Kumar** (me, host)   >
-  **Ateeq Ahamed**   >
-  **kaviya boopalan**   >
-  **Aarthy Krishnan**   >
-  **Balaji Ragavan**   >
-  **Balan Edward**   >
-  **Bhavana B**   >
-  **Chandhni Shanker**    >
-  **Dakshin D**   >
-  **Deepika R M**   >
-  **Dr. Jagannatha GV**   >
-  **Gautham B**   >

Invite

Mute All





FEEDBACK ABOUT THE EVENT:

- 1.FROM THE STRESS AWARENESS MONTH WE GAINED SOME KNOWLEGE ABOUT THE HOW TO OVERCOME THE STRESS
- 2.FROM THIS EVENT, WE GOT SOME INFORMATION ABOUT THE CAUSES OF STRESS LIKE INADEQUATE SLEEP, IMPROPER FOOD HABITS.
- 3.WE LEARNED ABOUT THE SYSTEMIC EFFECTS OF STRESS THAT AFFECTS THE WHOLE BODY

4.WE GOT GOD RESPONSE FROM THE PEOPLE WHEN WE WERE DOING PUBLIC VIDEO FROM THE PEOPLE.

VOTE OF THANKS:

WE WERE VERY GLAD TO THE DEPARTMENT OF PUBLIC HEALTH DENTISTRY TO MAKE THIS EVENT VERY SUCCESSFUL WE THANK ALL THE FACULTY MEMBERS WHO WERE PRESENT DURING THE EVENT.

THANK YOU!



Chettinad

Dental College & Research Institute

WORLD HEPATITIS DAY

(30/07/2020)

SPECIAL EVENT REPORT-5



**TOPIC OF THE EVENT: WORLD'S
HEPATITIS DAY**

DATE: 30TH JULY, 2020

BATCH: A BATCH

CONTENT

- What is 'world hepatitis day'? Why it is celebrated?
- Theme and significance of the day
- Aims
- A Batch

- Participants
- Work done
 - Charts and others prepared by the students prepared it
 - Events conducted by the students & its explanation
 - Online events conducted
- Feedback of the participants
- What we learnt (student's feedback)
- Conclusion

WHAT IS WORLD HEPATITIS DAY ?

WHY IT IS CELEBRATED ?

World hepatitis day 2020, is commemorated each year on 28 July to enhance awareness of viral hepatitis..an inflammation of the liver that causes a range of health problems, including liver cancer.

THEME AND SIGNIFICANCE OF THE

DAY

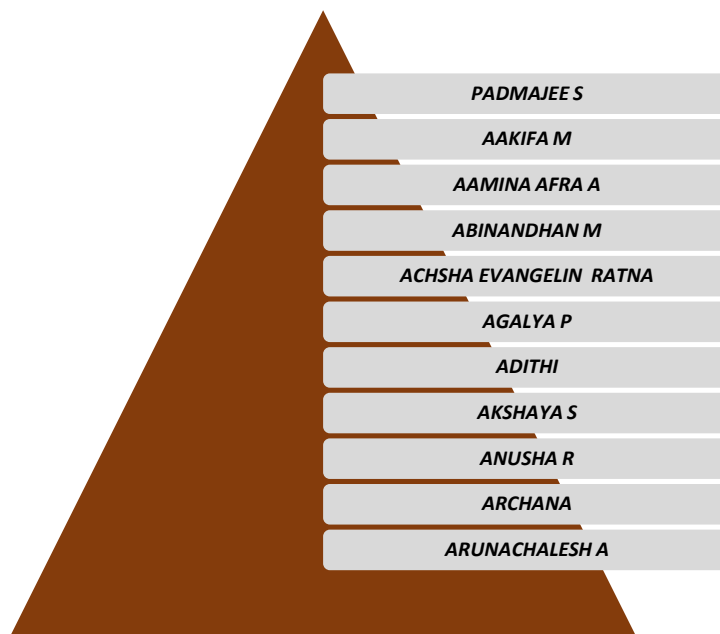
The aims to raise global awareness of hepatitis -a group of infectious diseases known as hepatitis a, b, c, d, and e are encourage prevention, diagnosis and treatment

Each year, WHO selects theme for the day in order to create a more unified global message. This year's theme is **“hepatitis - free future”** with a strong focus on preventing hepatitis b (HBV) among mothers and new borns . On 28th July, WHO published new recommendations on the prevention of Mother-to-child transmission of the virus. HBV can be prevented among new borns .Through the use of a safe and effective vaccine

AIMS

- To create awareness among the people about the etiology and transmission of hepatitis
- People to know their hepatitis infection status through testing, prevention , treatment and care service
- Making the people to know the facts about it

A-BATCH



WORK DONE

- **PROMO VIDEO** - ABINANDHAN
- **WELCOME SPEECH** - ANUSHA
- **INTRODUCTION SPEECH** - AKSHAYAA
- **SNEEK PEAK OF THE EVENT** - ABINANDHAN
- **E LOGO** - AAKIFA

- **POETRY RECITATION** - JANANI SURESH
- **PAMPHLET & INVITATION**- AAMINA AFRA
- **E POSTER PRESENTATIONS**
 - ARUNACHALESH
 - ARCHANA
 - JANANI SURESH
 - AAKIFA
 - ACHSAH EVANGILIN
- **TAKE HOME MESSAGE** - ADITHI
- **LAUGH OUT LOUD (MEME)** - AGALYA
- **VIDEO ABOUT WORLD HEPATITIS DAY** – ABINANDHAN

GAMES

- **MEMORY GAME** -AGALYA, ANUSHA
- **CONNEXION** - AAMINA AFRA, ARCHANA
- **QUIZ** - ACHSAH EVANGILIN, PADMAJEE
- **DHAMCHARADES** - AAKIFA, ABINANDHAN
- **RAPID FIRE** - ADITHI, AKASHAYAA
- **JUMBLE CROSSWORD** - ARUNACHALESH, JANANI
- **SPEECH** - AGALYA
- **CERTIFICATE OF PARTICPATION** - PADMAJEE
- **PAPER TOSS CHALLENGE (BATCH VIDEO)** - AAMINA
- **CONCLUSION AND VOTE OF THANKS** - ANUSHA
- **STRESS MANAGEMENT DURING COVID 19** - BY DR. YALINI SUPPU SARAVANSAN
- **GOOGLE FORMS** - ANUSHA

EVENT HOSTING

- **SESSION 1 : ANUSHA**
- **SESSION 2 : AAMINA AFRA**
- **SESSION 3 : ABINANDHAN**

SPECIAL EVENT PART 1

- 11.00AM- **WELCOME SPEECH BY ANUSHA**
- 11.05AM- **IT'S CLOSER THAN YOU THINK**
(INTRODUCTION SPEECH) BY ABINANDHAN
- 11.10AM-**COMMEMORATING DR BRARUCH BUMBERG**
(INTRODUCTION SPEECH) BY AKASHAYAA
- 11.15AM- **FINDING THE MISSING MILLION (E LOGO PRESENTATION)BY AAKIFA**
- 11.20AM- **SURVIVAL OR DEATH.CHOICE IS YOURS**
(POEM RECITATION) BY JANANI
- 11.25AM- **AM LOVE YOUR LIVER, LIVER FOREVER**
(PAMPHLET PRESENTATION) BY AAMINA AFRA
- 11.30AM-11.50AM - **HEPATITIS IS A WORD, NOT A SENTENCE (POSTER PRESENTATION)**
 - INTRODUCTION AND TYPES - ARUNACHALESH
 - TRANSMISSION AND SIGNS - ARCHANA
 - ORAL MANIFESTATION AND CONSIDERATION-JANANI SURESH
 - DIAGNOSIS AND TRAETMENT - ACHSAH EVANGELIN
 - PREVENTION AND COMPLICATIONS- AAKIFA
- 11.50AM - 12.00PM **HEPATITIS NOT A GAME, TAKE IT SERIOUS LIST AND TAKE HOME MESSAGE BY ADITHI**

SPECIAL EVENT PART 2

- 2.00-2.20PM- L.O.L (MEME SHOW) BY AGALYA
- **BIGG BOSS** - GAME SHOW
- 2.20PM-2.40PM- **CONNEXIONS** BY AAMINA&ARCHANA
- 2.45PM-3.00PM- **DHAMCHARADES** BY AAKIFA & ABINANDHAN

SPECIAL EVENT PART 3

- 3.00PM-3.15PM- **RAPID FIRE** BY ADITHI & AKSHAYAA
- 3.15PM-3.30PM- **MEMORY VERSE MANIA** BY AGALYA & ANUSHA
- 3.30PM-3.40PM- **QUIZ** BY PADMAJEE & ACHSAH EVANGELIN
- 3.40PM-3.50PM- **JUMBLE CROSSWORDS** BY JANANI SURESH & ARUNACHALESH
- 3.50PM-4.00PM- **IAM A HEPATITIS WARRIOR** EXPERIENCE SHARED BY AGALYA
- 4.00PM-4.10PM- **CONCLUSION & VOTE OF THANKS** BY ANUSHA
- 4.10PM-4.15PM- **PAPER TOSS CHALLENGE** BY AAMINA (BATCH VIDEO)
- 4.15PM-4.30PM- **TED TALK** BY DR.YALINI SUPPU SARAVAN

PARTICIPANTS

The participants of the programme were the interns, third year, second year, first year dental students

Timing (11:00 am to 4.30 pm)








World hepatitis day 2020, is commemorated each year on 28 July to enhance awareness of viral hepatitis..an inflammation of the liver that causes a range of health problems, including liver cancer.

July 28 is celebrated annually as world hepatitis day, this day is celebrated to commemorate the birthday of DR.BARUCH SAMUEL BLUMBERG. He and his colleagues discovered the hepatitis b virus in 1967 and investigated the first hepatitis b vaccine in 1969

INTRODUCTION SPEECH

World Hepatitis Day 2020
 Theme for 2020 - *Hepatitis-free future (WHO)*
 "FIND THE MISSING MILLIONS" (World Hepatitis Alliance)



<p>Why do we celebrate World Hepatitis Day?</p> <ul style="list-style-type: none"> Every year, July 28 is celebrated as the World Hepatitis Day by the World Health Organisation. The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr. Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus. 	<p>Key points</p> <ul style="list-style-type: none"> There are five main strains of the hepatitis virus – A, B, C, D and E. Together, hepatitis B and C are the most common cause of deaths, with 1.3 million lives lost each year. Amid the COVID-19 pandemic, viral hepatitis continues to claim thousands of lives every day. 325 million people are living with viral hepatitis B and C 900,000 deaths per year caused by hepatitis B virus infection. 10 % of people living with hepatitis B and 19% living with hepatitis C 42 % of children, globally, have access to the birth dose of the hepatitis B vaccine 	<p>Objectives</p> <ul style="list-style-type: none"> PREVENT infection among newborns. All newborns should be vaccinated against hepatitis B at birth, followed by at least 2 additional doses. STOP TRANSMISSION from MOTHER to CHILD. All pregnant women should be routinely tested for hepatitis B, HIV and syphilis and receive treatment if needed. LEAVE NO ONE BEHIND. Everyone should have access to hepatitis prevention, testing and treatment services, including people who inject drugs, people in prisons, migrants, and other highly-affected populations. EXPAND access to testing and treatment. Timely testing and treatment of viral hepatitis can prevent liver cancer and other severe liver diseases. MAINTAIN essential hepatitis services during COVID-19.
		

E LOGO

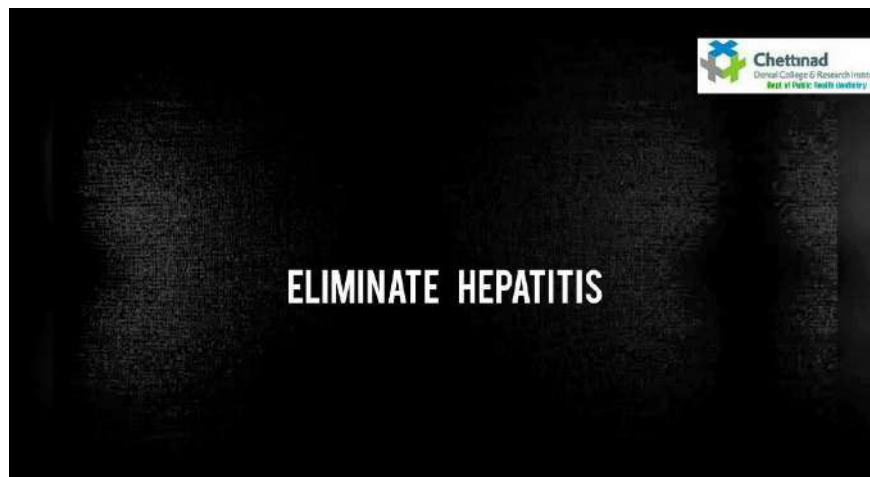


E logo which explains this year theme is hepatitis free future with a strong focus on preventing hepatitis b (hbv) among mothers and newborns, on the prevention of mother to child transmission of the virus

SNEEK PEEK



PROMO VIDEO

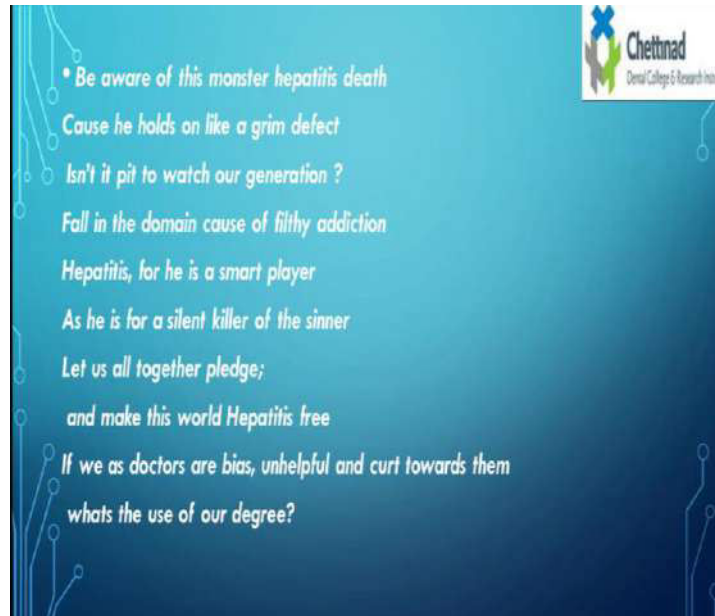


VIDEO ABOUT HEPATITIS DAY

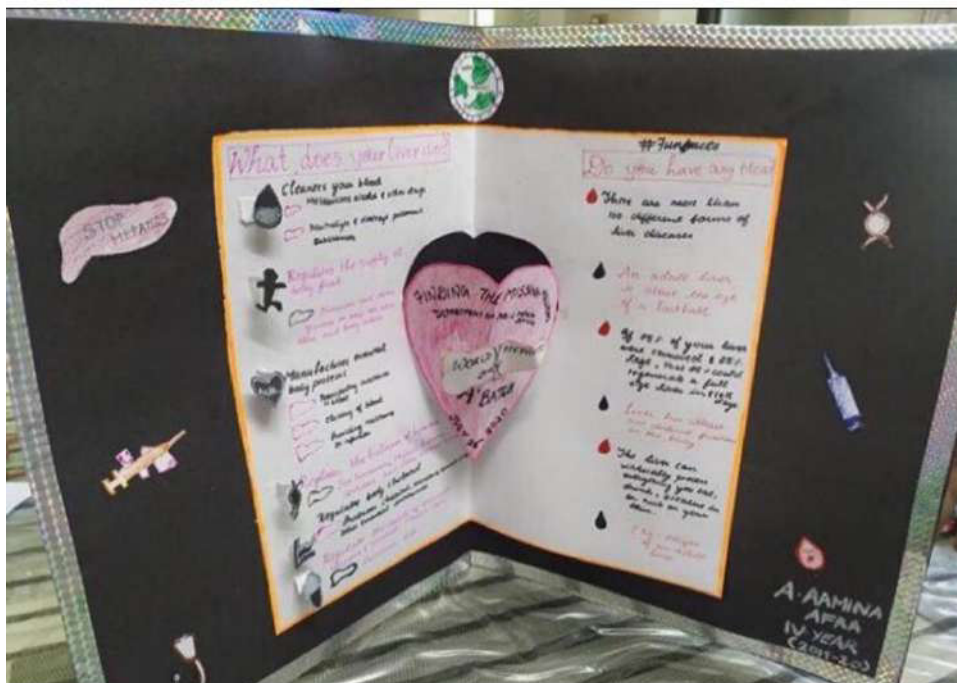


POEM RECITATION

Survival or death , choice is yours

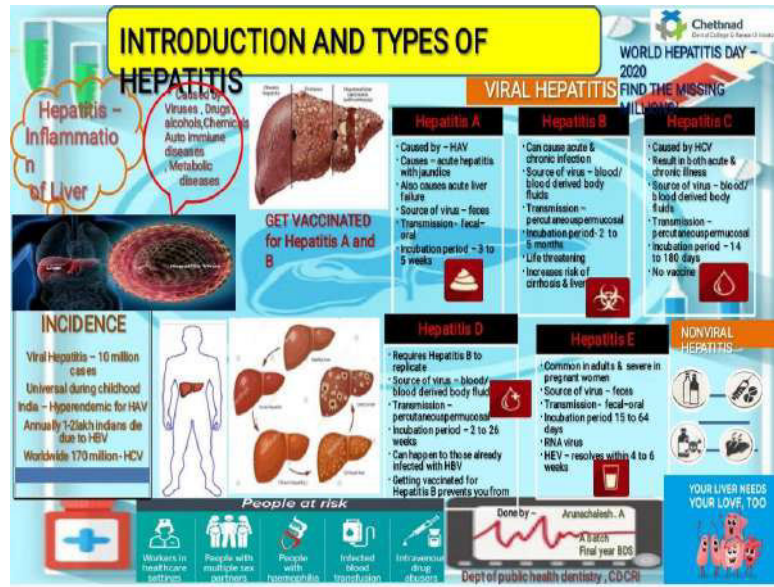


PAMPHLET PRESENTATION- love your liver, live forever.

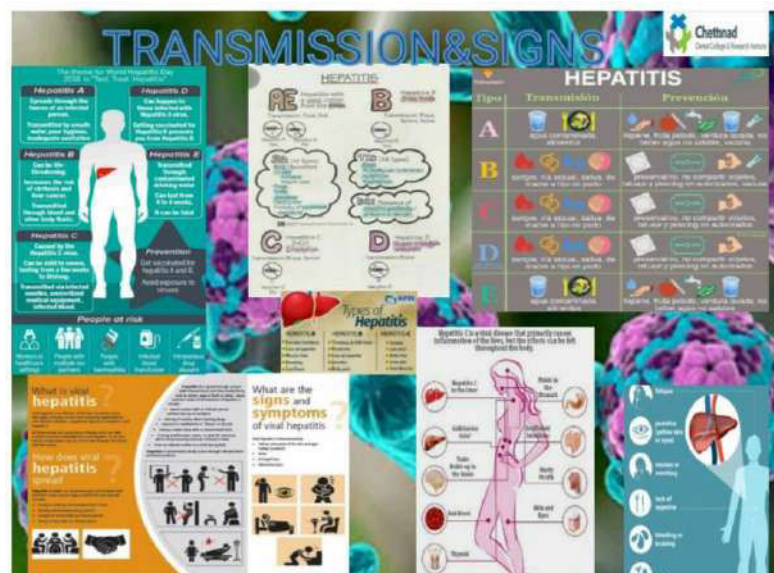


It is done using 3d pop up cuts depicting the causes & also prevention. Such as alcohol bottle, syringes, razors, etc. the pamphlet made was a booklet. before talking about the normal functions of the liver. Followed by some fun facts on liver.

POSTER PRESENTATION

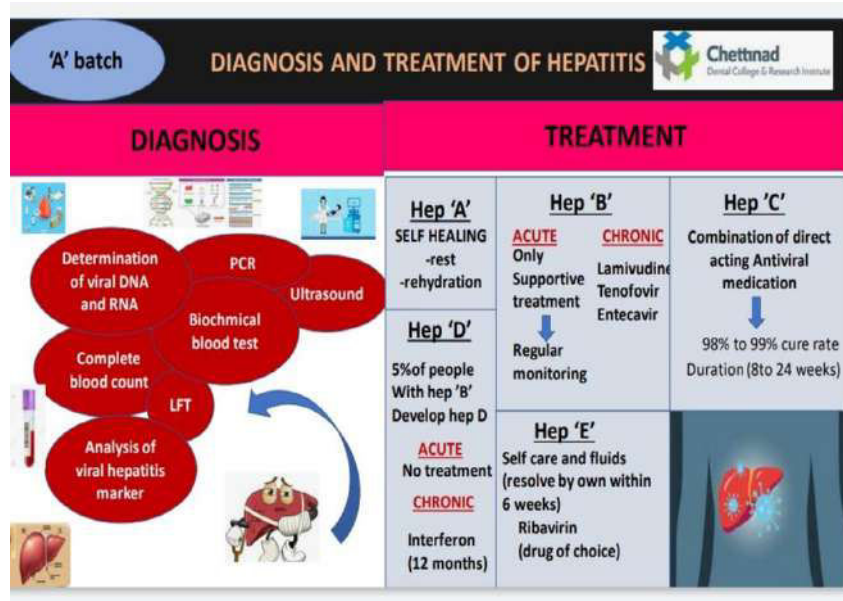


Hepatitis's is a term which means inflammation of the liver , types of hepatitis are viral & non viral are type a,b,c,d,e &non-viral hepatitis are caused by alcohol, toxins, autoimmune disease, metabolic abnormalities. Hepatitis a & e are viral liver diseases..know the risks.. Poor sanitation, dirty hands, sharing needle iv drug use, unsafe water, oral-anal sex, having unprotected sex, travelling to areas with high rates of hbv infection, received blood transfusion, being born to a mother infected with hbv, living with someone who has chronic hbv



Transmission & signs of hepatitis a has a feco-oral transmission .it is associated with poor sanitation. The c/f are fever, malaise, nausea,

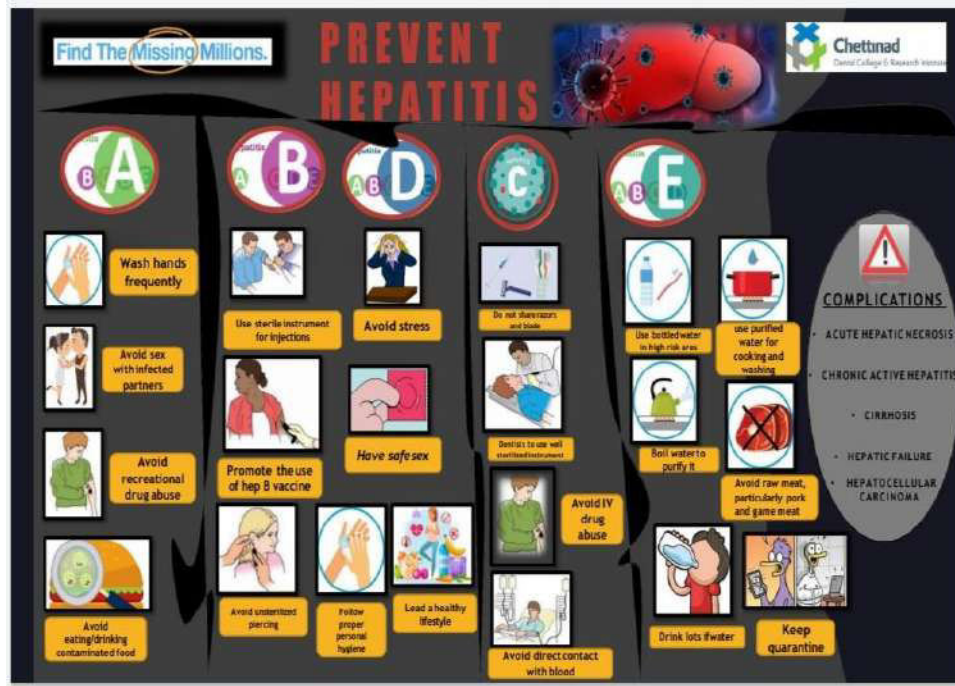
jaundice as the prodromal symptoms in anicteric phase. Followed by icterus phase with dark coloured urine, clay coloured stools, jaundice, weight loss



Viral hepatitis such as hepatitis is a diagnosed by your symptoms, a physical exam and blood tests.sometimes imaging studies as a sonogram or cat scan and a liver biopsy are also used



Oral manifestation of hepatitis to emphasis more about causes, diet, dental management during hepatitis




The risk of infection & transmission can be reduced by; maintaining quality standards for public water supplies; to reduce the risk of spreading or catching the hepatitis a virus, always wash your hands thoroughly after using restroom. avoid unclean food & water

LAUGH OUT LOUD (MEME)



CONNEXIONS



Va+ sea+nation
VACCINATION

Pair + enter + route + off +
 trans+ mission
**PARENTAL ROUTE OF
 TRANSMISSION**

DHAMCHARADES

NARENDRA MODI

HYPERTENSION

PILOT STUDY

QUIZ

Name: _____

Hepatitis B

Across

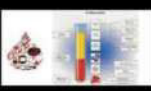

2. A Seropositive is
6. Hepatitis B carrier
9. Occurrence seropositive is
10. What condition Hepatitis B?
11. Hepatitis B is
14. A simple _____ test can tell your doctor you have hepatitis B virus
15. This disease will give you a _____ biopsy
16. Hepatitis B can cause

Down

1. One way of contracting hepatitis B is
3. Hepatitis B is spread by contact with
4. All children born to a GBV are
5. Another way to contract hepatitis B is
7. You will have _____ symptoms
8. The hepatitis B _____ is the best way to prevent infection
12. Hepatitis B is caused by a

Hepatitis B

Match the following.

- Hepatitis A –  (BLOOD)
- Hepatitis B – 
- Hepatitis D - 

- A Contaminated food and water
- B blood and blood products
- D liver scarring

RAPID FIRE

How many groups of Hepatitis viruses are known till date?

- Four
- Five
- Six
- Three

ANSWER

Five

The two groups of Hepatitis viruses that are most likely to lead carcinoma are:

Name the other mode of transmission

- A,B
- B,C
- C,D
- B,D

ANSWER

HBV, HCV

Other route: Feco-oral ro

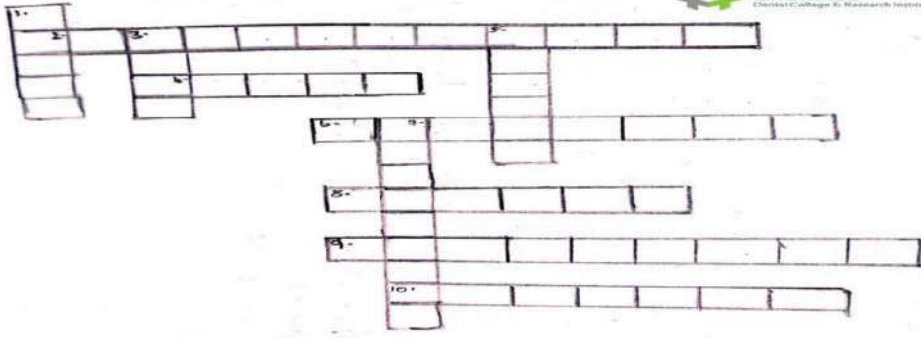
MEMORY GAME




The entire participants will be split into groups. Each slide will be displaced for 5 seconds. After which one participant from the team called

out must volunteer (max within 5sec) & the team with highest score has to be announced at last

JUMBLED WORDS



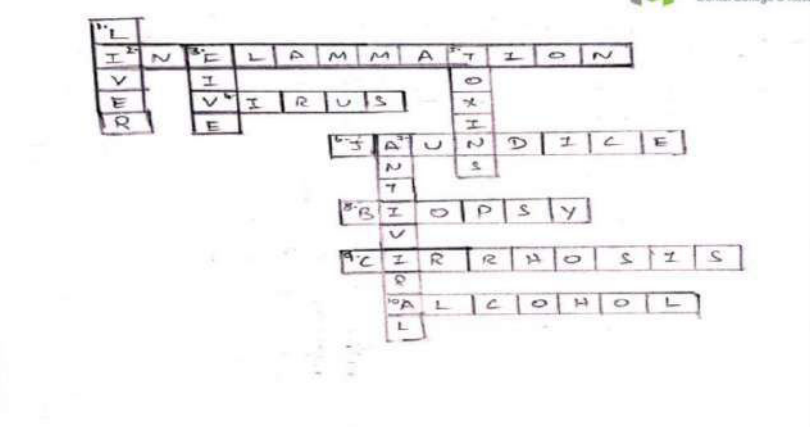



Down (vertical box)

1. What organ does Hepatitis affect _____?
3. There are _____ main types of viral hepatitis
5. Non viral hepatitis is caused by _____? (poison)
7. Group of drugs effective against Hepatitis _____?

Across (Horizontal box)

2. Hepatitis is the _____ of Liver?
4. Hepatitis is most commonly caused by _____?
6. One of the signs and symptoms of hepatitis _____? (yellow colour of skin & eyes)
8. One of the diagnostic methods of hepatitis (liver _____)
9. Hepatitis infection can lead to _____? (Liver disease)
10. Avoiding _____ can help from recovery of hepatitis
















PARTICIPANTS

14:09 4G 92% 86

Close **Participants (47)**













Search

-  Padmajee Selvaraj (me) 🔊 🎤 >
-  M Abinandhan (host) 🔊 🎤 >
-  AA Aamina afra 🔊 🎤 >
-  Arunachalesh Anbazhagan 🔊 🎤 >
-  DN Dr Nagaland 🔊 🎤 >
-  13 Ashish 🔊 🎤 >
-  L 41 Lakshana Dhyaneswaran 🔊 🎤 >
-  Aarthy Krishnan 🔊 🎤 >
-  AE Achsah Evangelin.c 🔊 🎤 >
-  A Adithi Karthik 🔊 🎤 >
-  Akshayaa Shankar 🔊 🎤 >

Invite

14:09 4G 92% 86













Close **Participants (47)**

-  J Joshini.M 🔊 🎤 >
-  K Kamalisha.A 🔊 🎤 >
-  KM Kavitha Mohan 🔊 🎤 >
-  KB kaviya boopalan 🔊 🎤 >
-  KM Keerthana Manikandan 🔊 🎤 >
-  K Kowsalya.P 🔊 🎤 >
-  KR krithika rajan 🔊 🎤 >
-  MA M Aakifa 🔊 🎤 >
-  M. Thouseef Ahmed 🔊 🎤 >
-  U Mahalakshmi 🔊 🎤 >
-  Mahamudha. A 🔊 🎤 >
-  NN Nandini N 🔊 🎤 >

Invite

14:09 4G 92% 86













Close **Participants (47)**

-  Akshayaa Shankar 🔊 🎤 >
-  AR Akshya R 🔊 🎤 >
-  AR Anusha R 🔊 🎤 >
-  ARCHANA S 🔊 🎤 >
-  B Bhavana 🔊 🎤 >
-  GS Gladson Samuel 🔊 🎤 >
-  g Gokulakannan Ravi 🔊 🎤 >
-  Harini Prabha 🔊 🎤 >
-  Hema Latha 🔊 🎤 >
-  IK Imra Kaleel 🔊 🎤 >
-  J Janani 🔊 🎤 >
-  J Joshini.M 🔊 🎤 >

Invite

14:09 4G 92% 86

Close **Participants (47)**

-  NN Nandini N 🔊 🎤 >
-  P Agalya 🔊 🎤 >
-  Pavithra G 🔊 🎤 >
-  PL POOJA LAKSHMANAN 🔊 🎤 >
-  PS Poornima Srinivasan 🔊 🎤 >
-  R Raksha RAMKUMAR 🔊 🎤 >
-  RR Ramya Rajaram 🔊 🎤 >
-  S Rani Santhiya Suresh 🔊 🎤 >
-  Rinshi Fasal 🔊 🎤 >
-  sai shruthi H.N 🔊 🎤 >
-  S Shirin Sumaya 🔊 🎤 >
-  Sidhaarth R 🔊 🎤 >

Invite

CERTIFICATE



This Certificate was provided to all the participants & staffs to add to their memories

CONCLUSION

We conclude that, everyone must be aware about the importance of oral health and general health. Everyone should know the symptoms so that they can refer to doctor's / dentist at the early stage



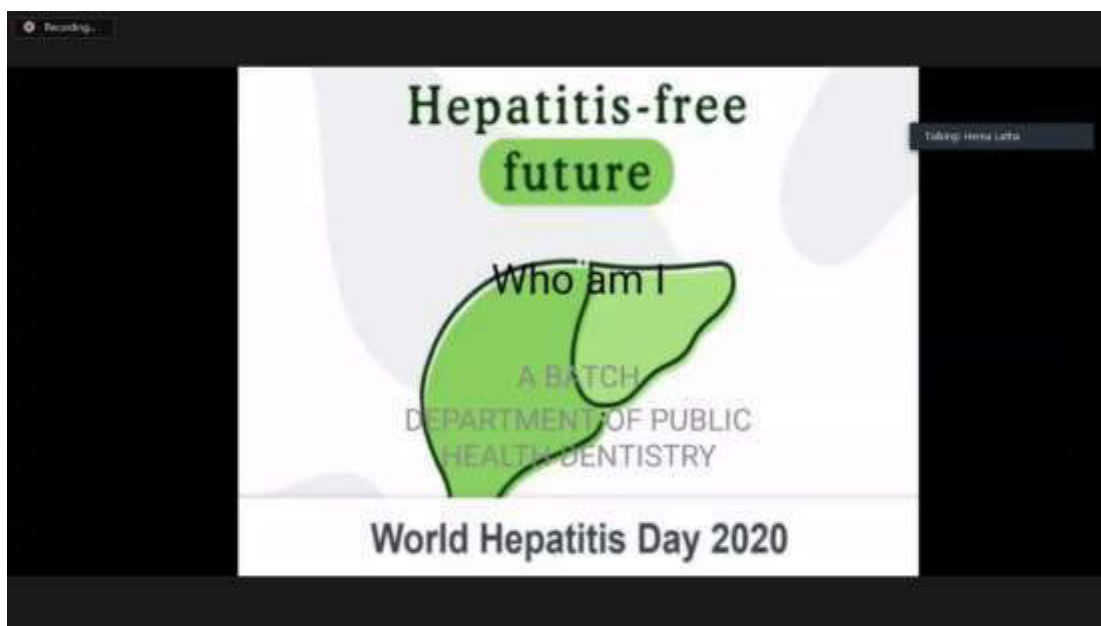
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD HEPATITIS DAY 2020

DATE: 31.7.2020	No. OF STUDENTS: 22
FACULTY: Dr. Jagannatha, Dr. Nagappan, Dr. Nagaland, Dr. Cyril Benedict	ORGANISING AGENCY: CDCRI

World Hepatitis Day is commemorated each year on 28 July to enhance awareness of viral hepatitis, an inflammation of the liver that causes a range of health problems, including liver cancer. There are five main strains of the hepatitis virus – A, B, C, D and E. Together, Hepatitis B and C are the most common cause of deaths, with 1.4 million lives lost each year. Amid the COVID-19 pandemic, viral hepatitis continues to claim thousands of lives every day.

This year's theme is "Hepatitis-free future," with a strong focus on preventing Hepatitis B (HBV) among mothers and newborns. On 28 July every year, World Health Organisation will publish new recommendations on the prevention of mother-to-child transmission of the virus. HBV can be prevented among newborns through the use of a safe and effective vaccine.



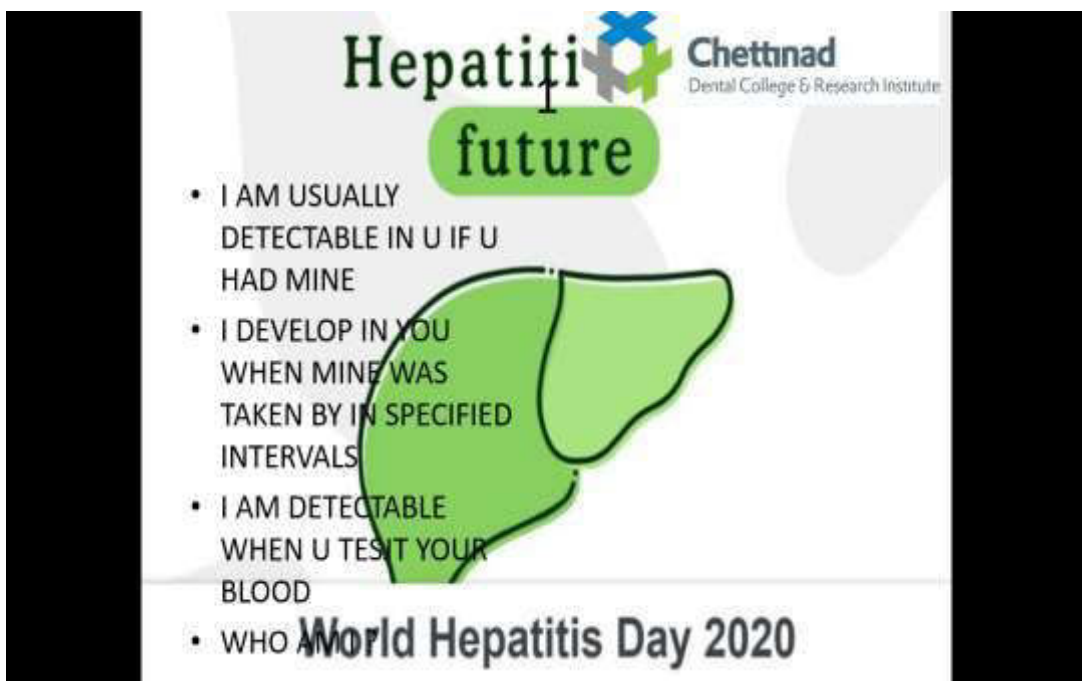
The quiz “Find me” served to enhance the knowledge of the audience about the various strains of hepatitis viruses, their incubation periods, the symptoms, the clinical features and the treatment options.



Hepatitis future Chettinad Dental College & Research Institute

- I AM AN ACUTE DISEASE AMONG MY COLLEAGUES
- I GET TRANSMITTED BY FAECOORAL ROUTE
- I AM ALSO PREVALENT IN INDIA ALONG WITH MY COLLEAGUES

World Hepatitis Day 2020

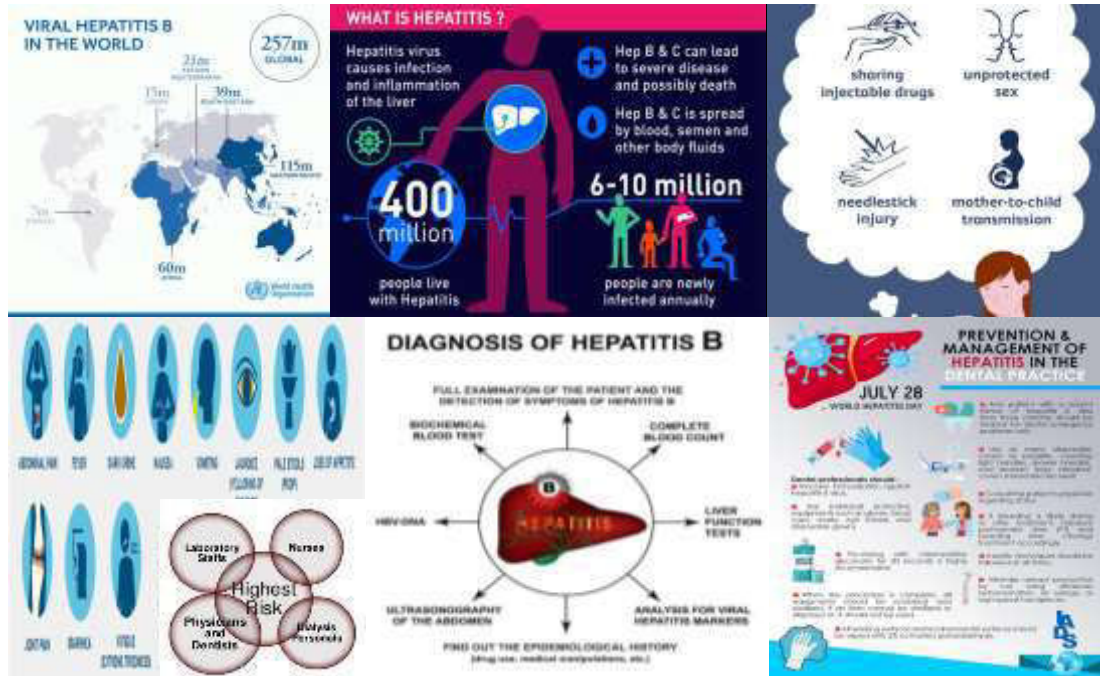


Hepatitis future Chettinad Dental College & Research Institute

- I AM USUALLY DETECTABLE IN U IF U HAD MINE
- I DEVELOP IN YOU WHEN MINE WAS TAKEN BY IN SPECIFIED INTERVALS
- I AM DETECTABLE WHEN U TEST YOUR BLOOD
- WHO AM I

World Hepatitis Day 2020

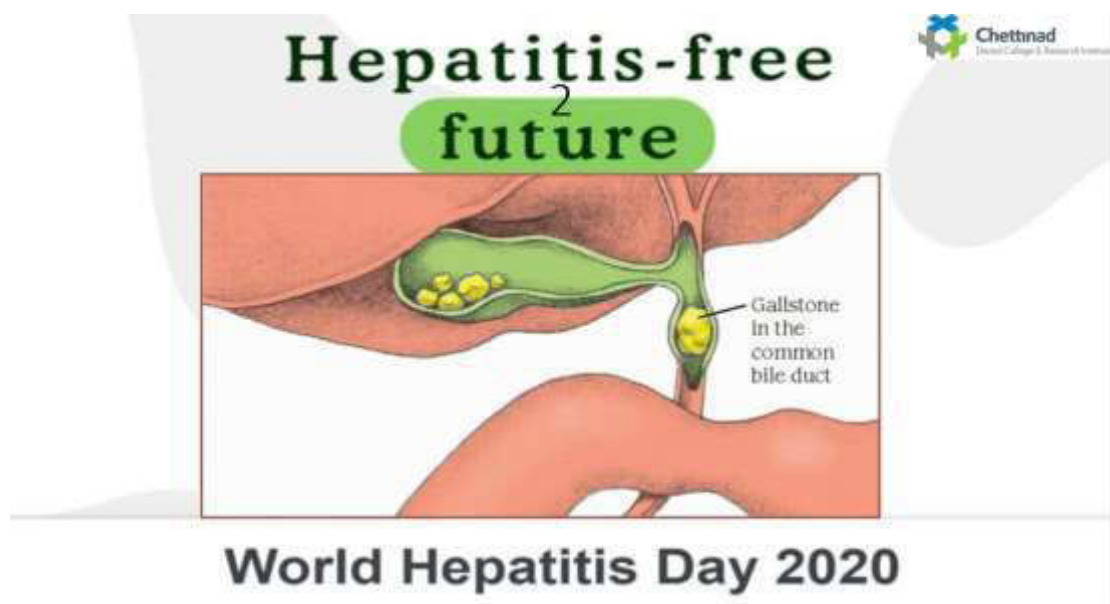
The poster on “hepatitis B” depicted the epidemiology of the disease, the various modes of transmission, the risk factors, clinical features, comprehensive diagnosis of the disease and the prevention and treatment strategies followed by the common protocols to be followed by the dentists while patients suspected of Hepatitis B infection.



The game “Pathu endradhukulla” is a word game wherein the word in question should be identified within a set of ten chances. The lesser the number of chances taken to identify the word, the greater the points.



The game “Liver-ukku vaai irundhaal” is an imaginative game from the audience perspective about how the liver may think or react in cases of health and disease



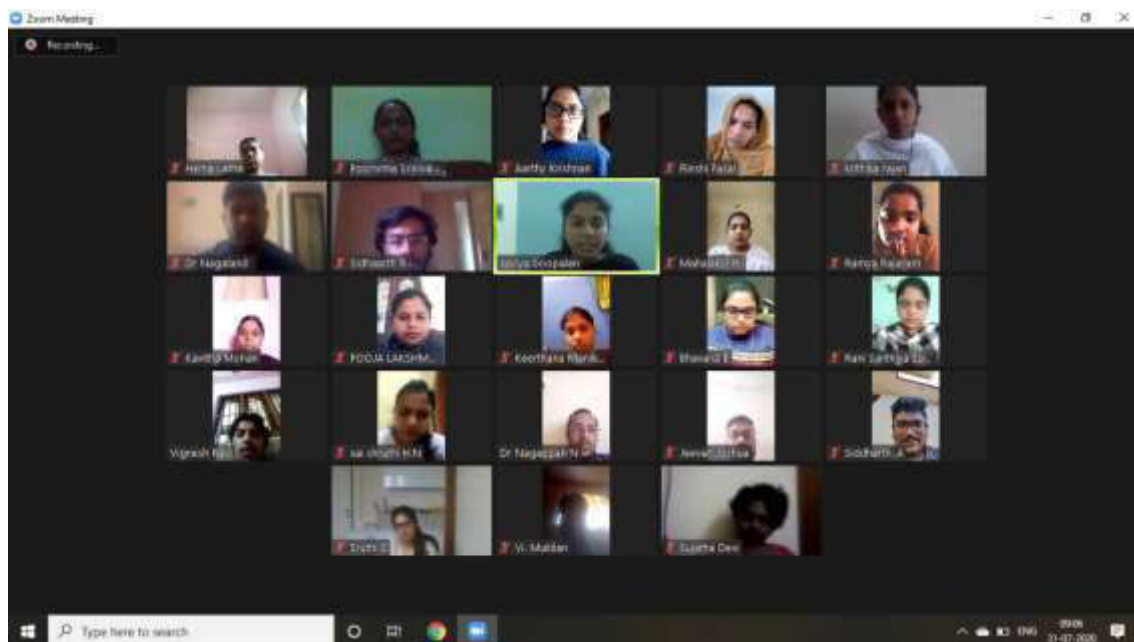
The chart displayed for the event was a comprehensive guide about the various prevention and management strategies.



The event concluded with a strong emphasis to follow proper control about hepatitis.

There was an active participation from the house surgeons and faculty members for all the activities which made the event a great success.

PARTICIPANT LIST:



WORLD NATURE CONSERVATION DAY

28 TH JULY 2020

DATE:04.08.2020	ORGANISING BATCH: L BATCH INTERNS
FACULTIES PRESENT: DR JAGANNATHA DR NAGAPPAN DR NAGALAND DR. CYRIL BENEDICT	NUMBER OF INTERNS PRESENT:22
NUMBER OF STUDENTS PARTICIPATED:22	VENUE: E EVENT

SUMMARY OF EVENT:

THEME : "LETS ROOT TOGETHER TO SAVE OUR NATURE"

Every year, World nature conservation day is celebrated on 28 July. The day is marked globally to spread awareness about the best practices to protect the natural resources that the nature has given us. This day recognizes that a healthy environment is a foundation for a stable and productive society and it also ensures the well being of present and future generations. There have been several threats to nature like deforestation, illegal wildlife trade, pollution, using plastics, chemicals, etc. Earth has given us basic necessities to live like water, air, soil, minerals, trees, animals, food, etc. As Mahatma Gandhi Quoted "Earth provides enough to satisfy every man's need, but nit every man's greed" It is important to conserve the nature for our future Generations.

EVENTS

In order to bring awareness about the ill effects of using and to enable the young and budding dentists to be concerned about this, the house surgeons posted in the Department of Super speciality, came up with a few events on account of the World Nature Conservation Day. The events were conducted on August 3rd, 2020 in the online class via the Zoom app between 9-10AM and 11.30-12.30PM. The faculty members, PGs and house surgeons posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

i) LOGO AND BADGE-RANI SANDHYA

ii) A VIRTUAL TOUR TO TERRACE GARDEN- KAAVYA.B

iv)A DEMONSTRATION VIDEO ON HOW INDUSTRIAL WASTES AFFECT OUR NATURE- POORNIMA

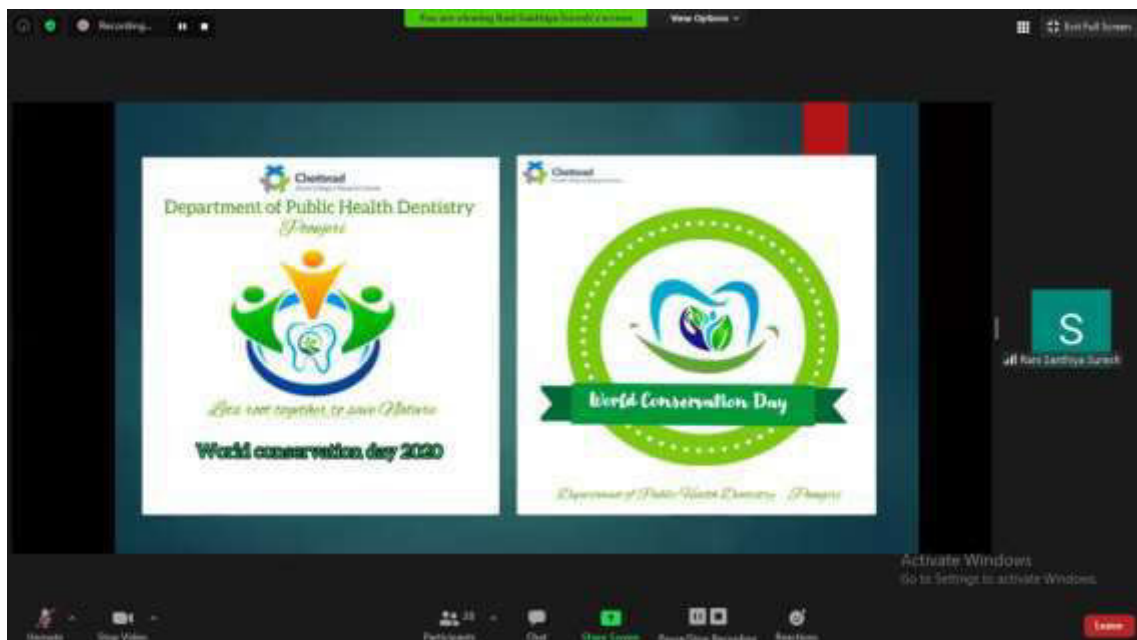
Vi)DRAWING COMPETITION FOR KIDS UNDER 3 CATEGORIES-RANI SANDHYA ,MAHALAKSHMI

vii)PHOTOGRAPHY CONTEST- RANISANTHIYA

vii)ART FROM WASTE COMPETITION – SHAHANA

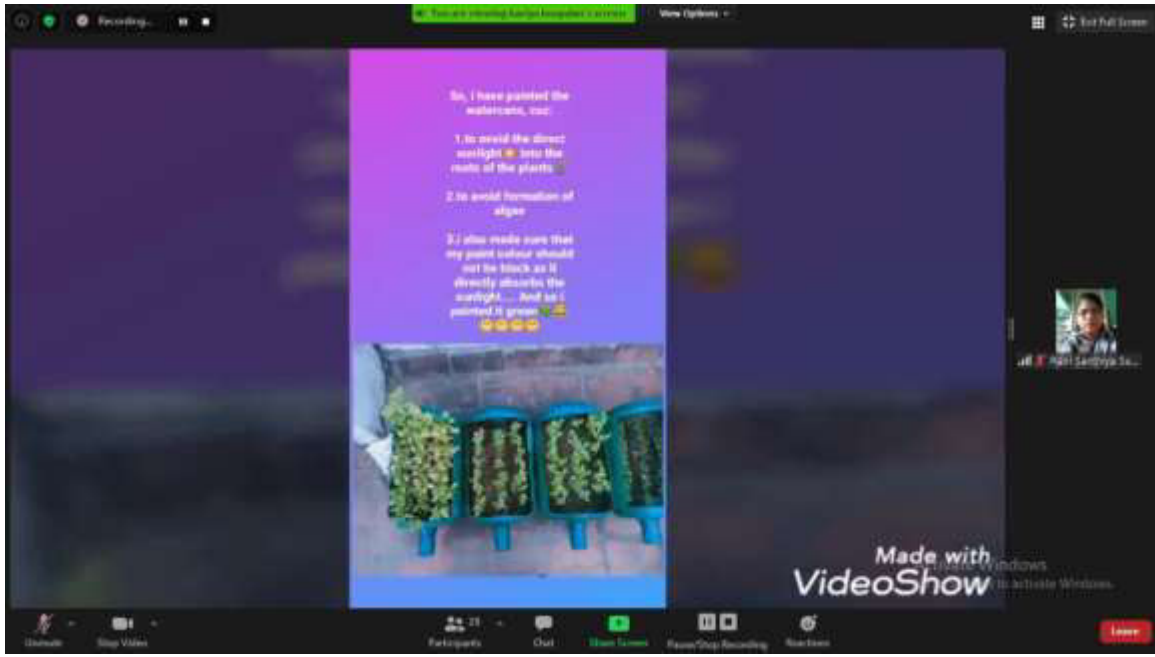
Viii) AWARENESS VIDEO BY CHILDREN

1.LOGO & BADGE – RANI SANTIHYA

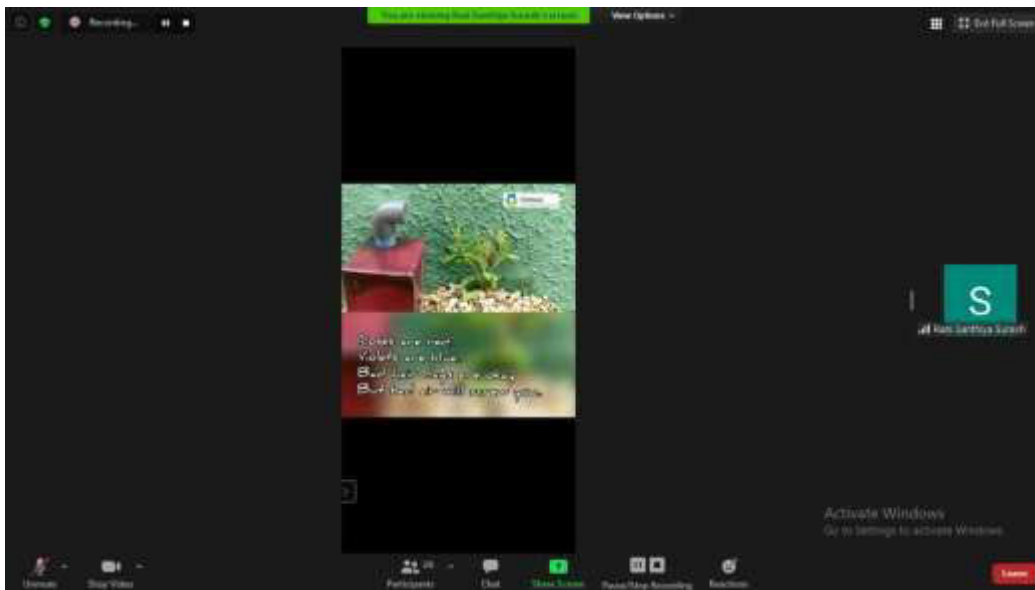


Our logo for the theme - "LETS ROOT TOGETHER TO SAVE OUR NATURE" made by Rani sandhya.

2. VIRTUAL TOUR TO TERRACE GARDEN-KAAVYA.B



3. VIDEO DEMONSTRATION ON HOW INDUSTRIES POLLUTE THE NATURE-POORNIMA



4. DRAWING COMPETITION FOR CHILDREN – RANI SANDHYA, MAHALAKSHMI





Save Nature, Stop Pollution...

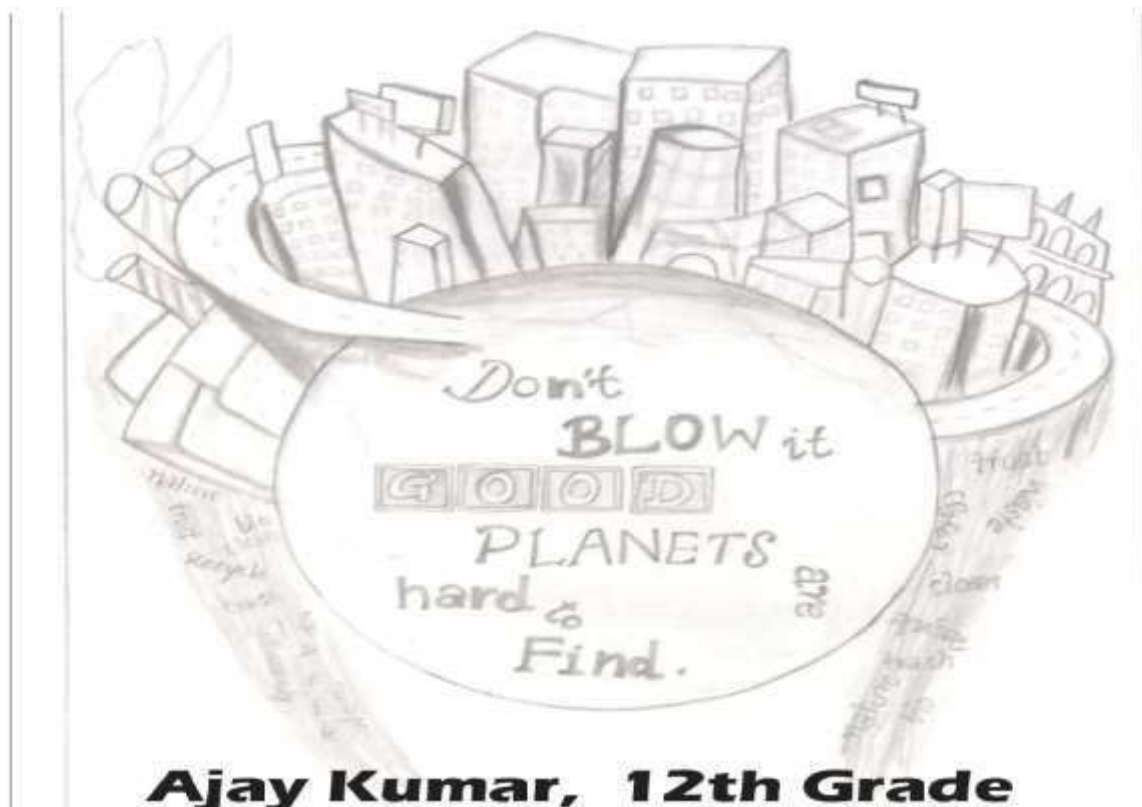


- Kshitij



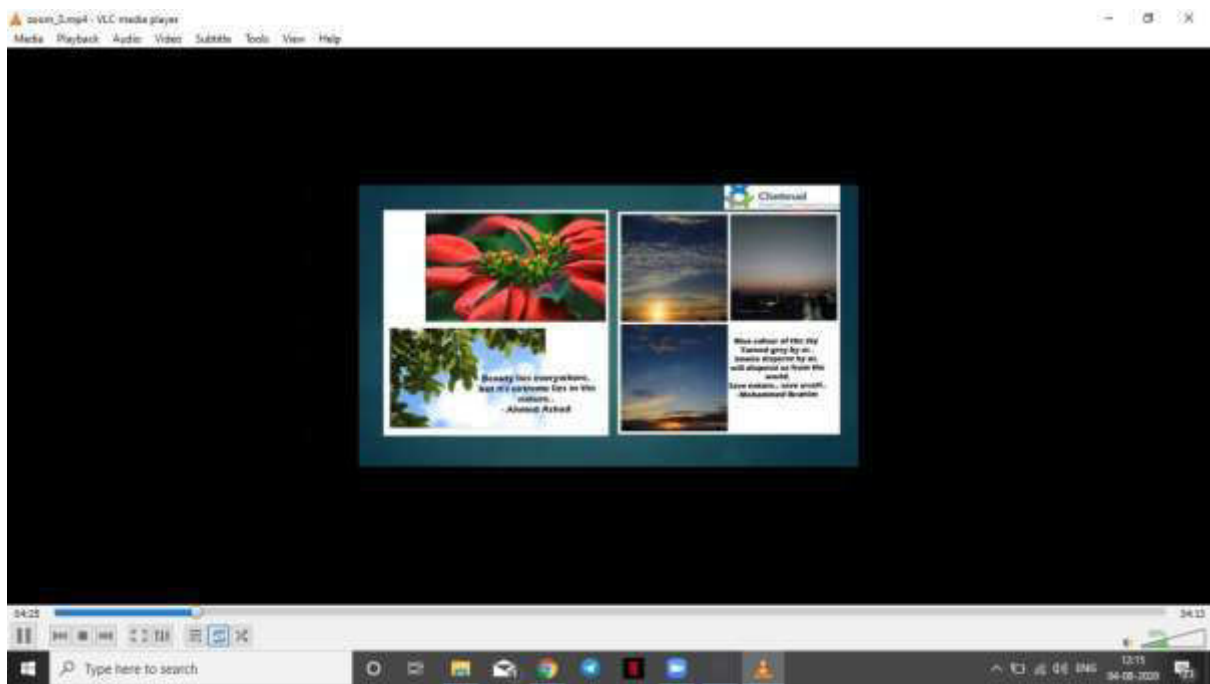
**We came so far from the
actual world.
save greenery...**

- Mohammed Ibrahim



Ajay Kumar, 12th Grade

5.PHOTOGRAPHY CONTEST-RANI SANDHYA





**Blue and Green
are
natures pride....**



- Sakthi selvakumar





**Blue colour of the sky
Turned grey by us ,
Smoke disperse by us,
will disperse us from the
world,
Save nature.. save urself..
- Mohammed Ibrahim**

6.ART FROM WASTE-SHAHANA

Recording... View Options

Gallery View Exit Full Screen

Chetnad

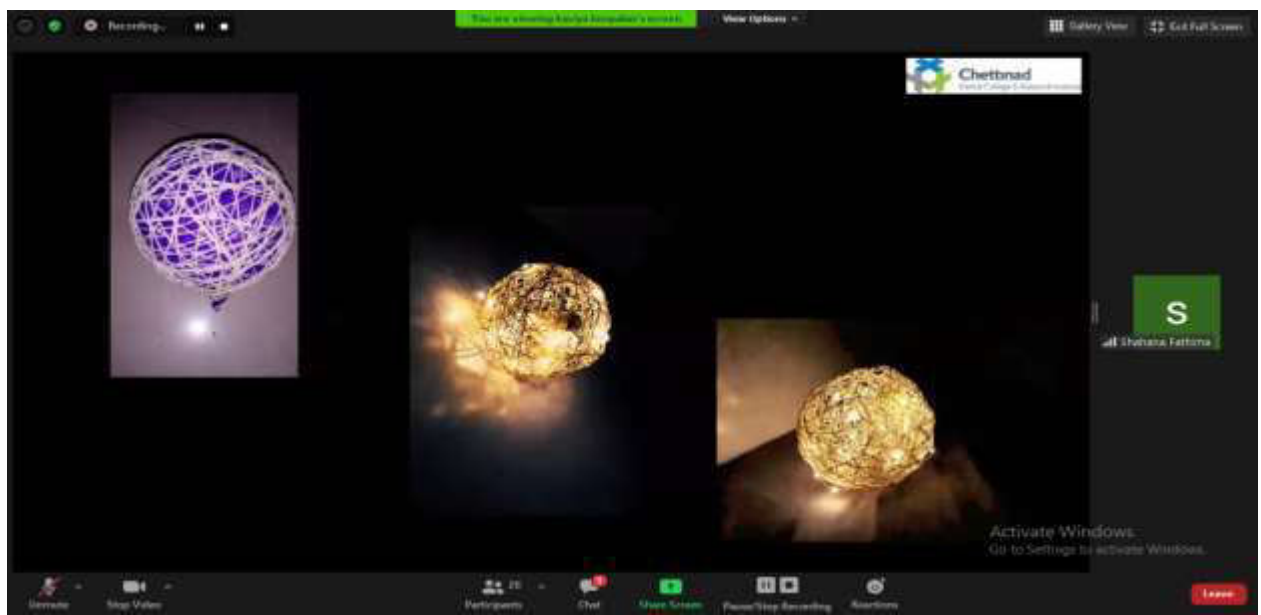
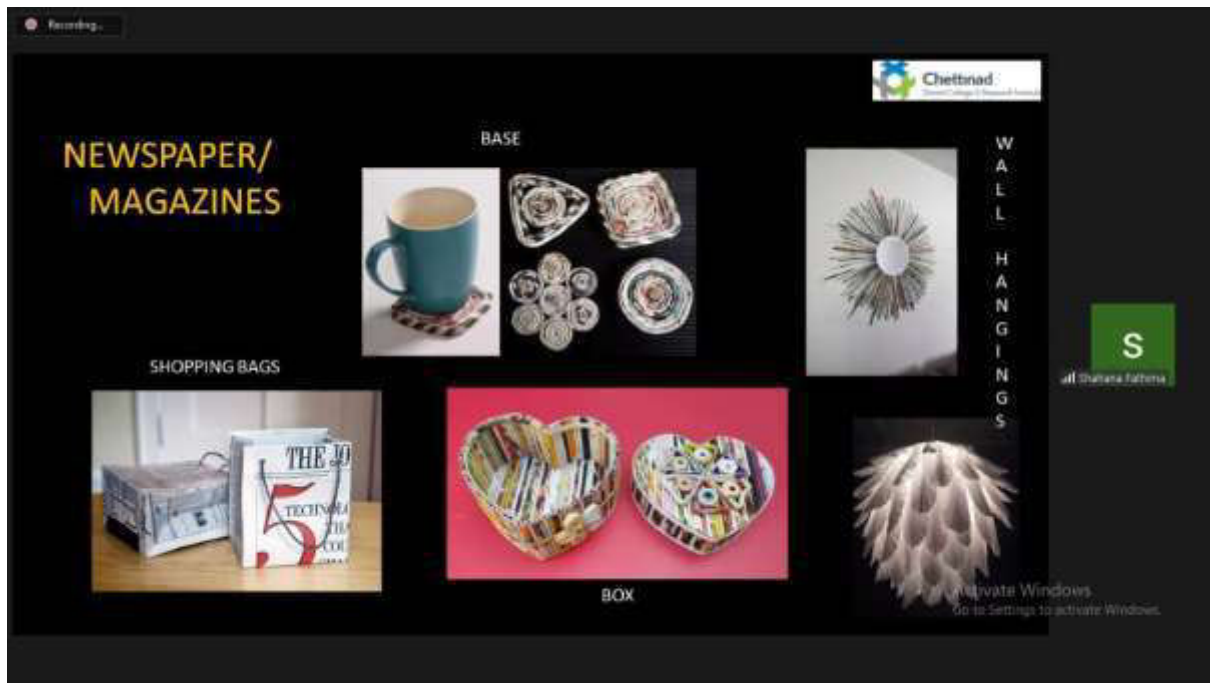
PRIYADHARSHINI
IV year

World Nature
Conservation day

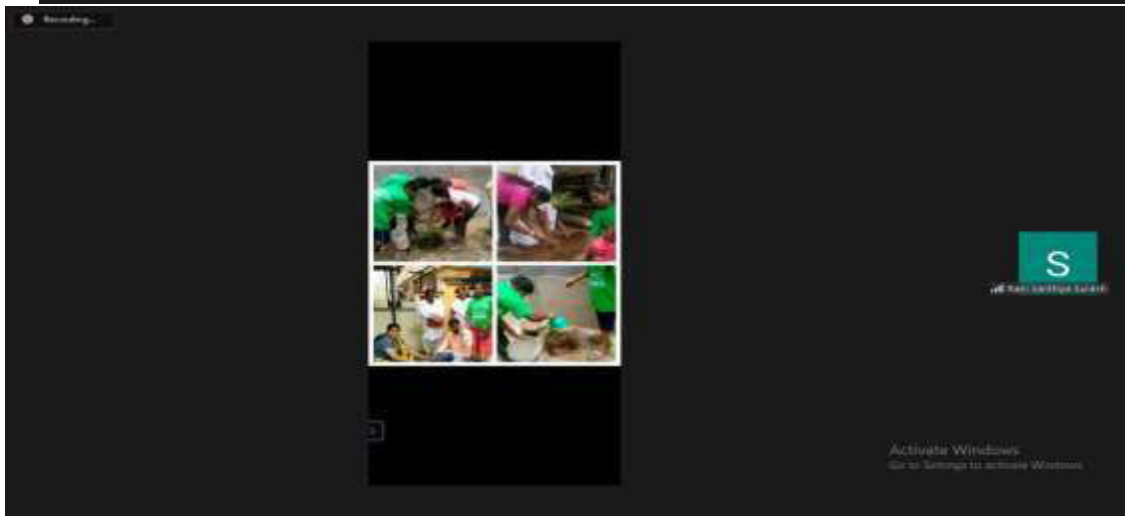
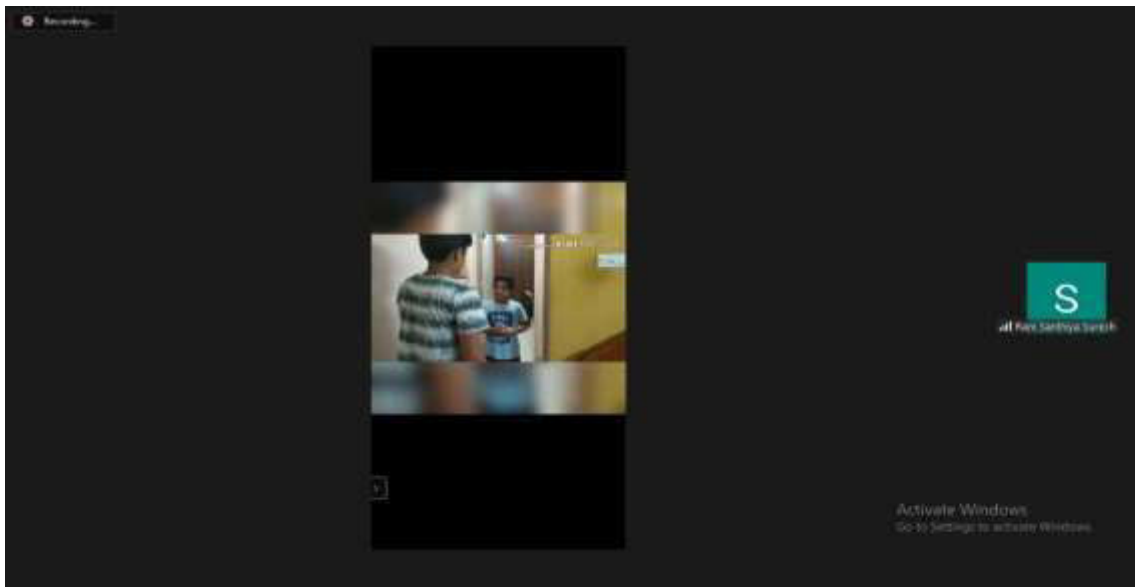
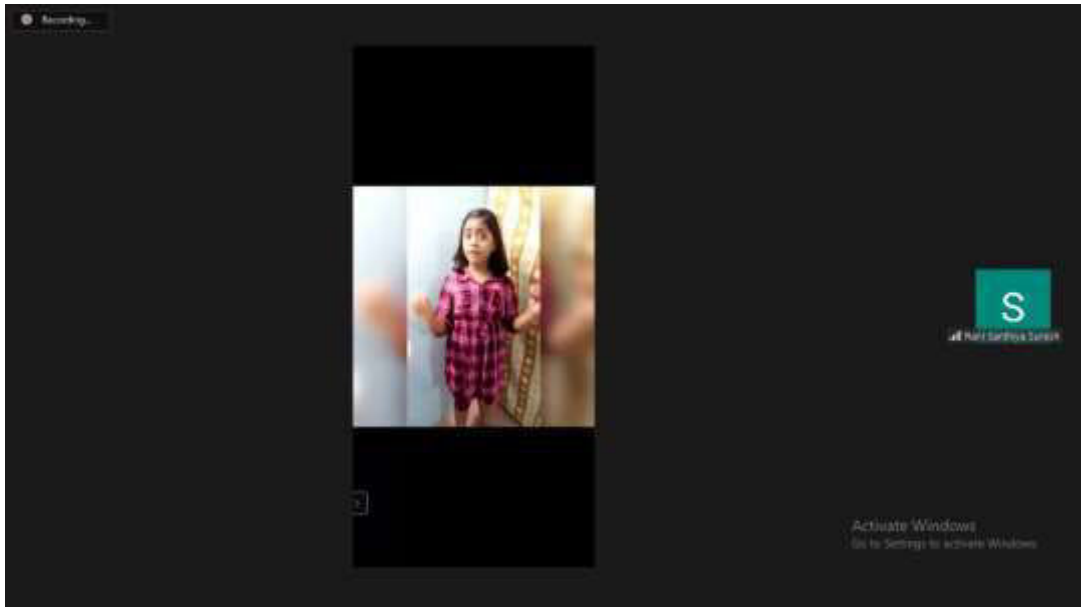
S
Priyadharshini

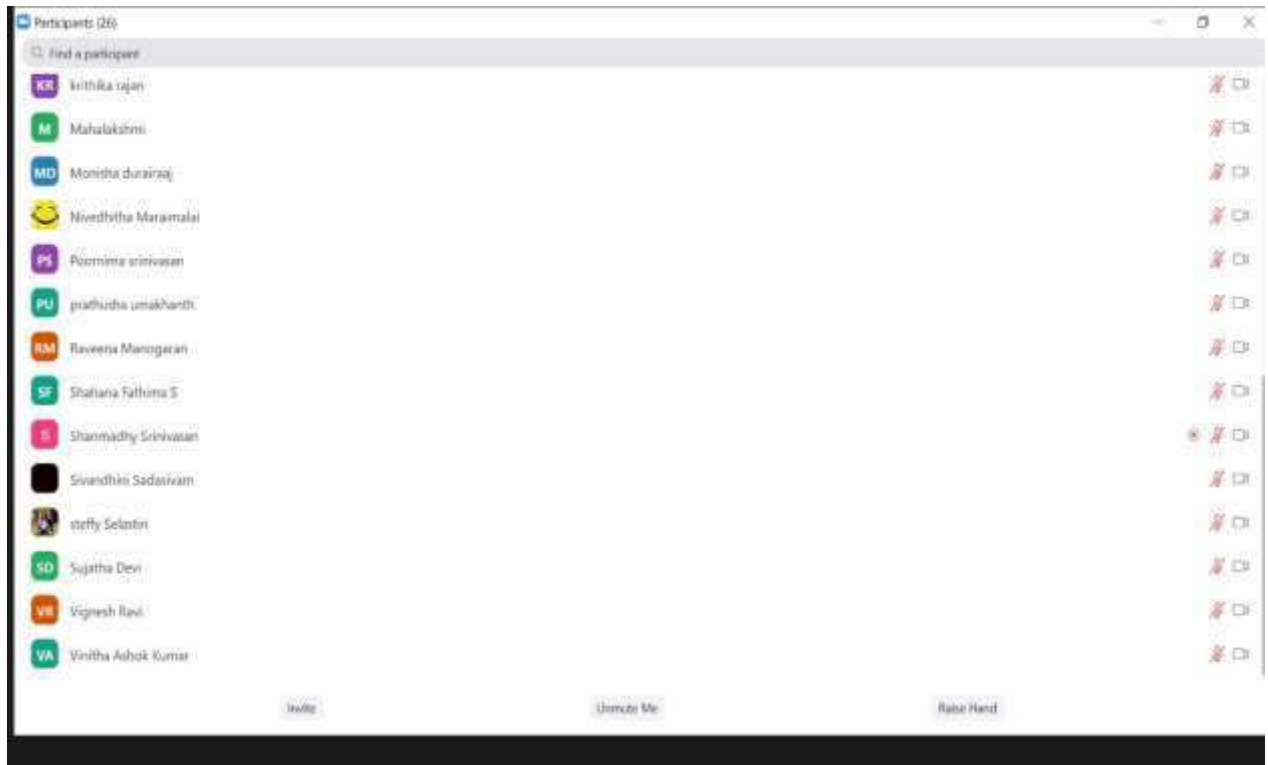
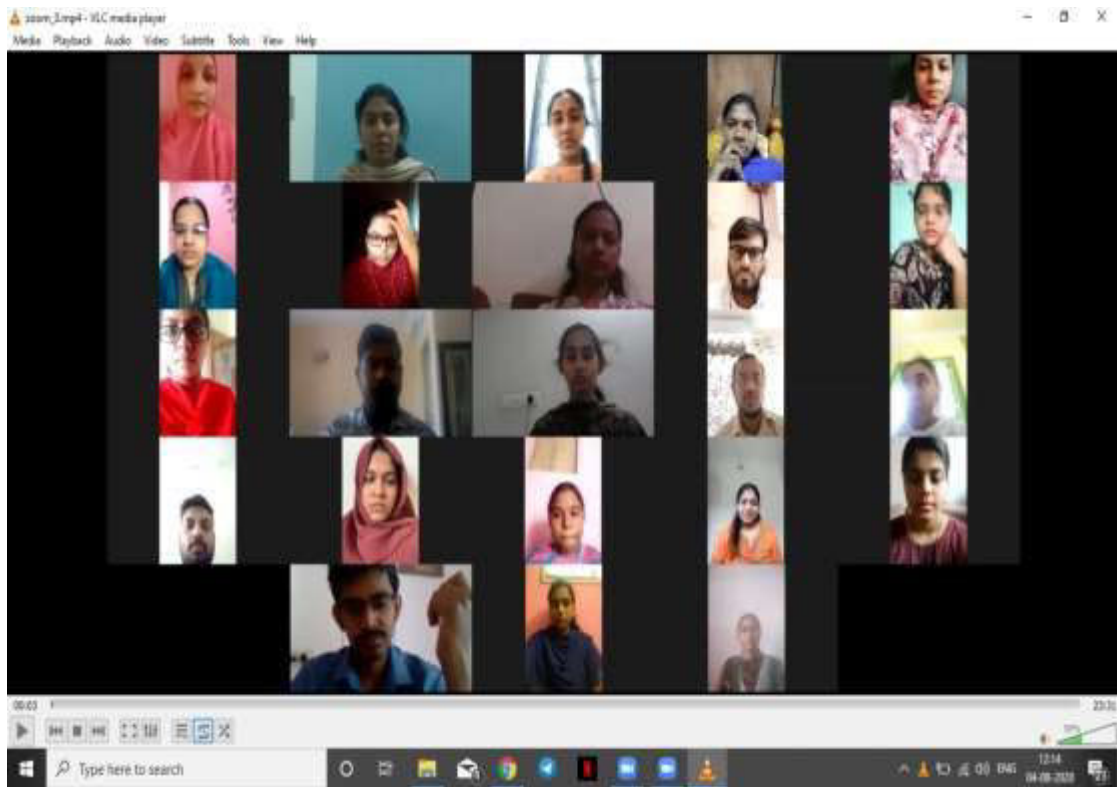
Activate Windows
Go to Settings to activate Windows.

Unmute Stop Video Participants Chat Green Screen Pause/Stop Recording Reactions Leave



7.AWARENESS VIDEO BY SCHOOL CHILDREN







DEPARTMENT OF PUBLIC HEALTH DENTISTRY
ORAL HYGIENE DAY 2020

DATE: 29.8.2020	No. OF STUDENTS: 41
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr, Nagappan, Dr. Cyril Benedict	ORGANISING AGENCY: CDCRI

As we go ahead to celebrate the oral hygiene day, I wanted to appreciate the Oral Hygiene Day celebrations conducted by our seniors & hence the poster “Oral Hygiene Day: Through the years” was created. On this day, various camps, mass screening, oral awareness talks are done in multiple forums to connect with the public & provide them the right information.

The other half of the poster focused on why we celebrate Oral Hygiene Day. It is observed every year to commemorate the birth anniversary of Dr. G.B. Shanwalkar, the founder of Indian Society of Periodontology. Dr. G.B. Shanwalkar is the first post graduate teacher in a country to start MDS course in Periodontics at the University of Bombay. In 1970, he was the recipient of WHO travel grant award to visit various universities and research centers in USA & other countries. He was the past president of Dental council of India & Founder member & editor in Indian Academy of Dentistry among other credentials.

ORAL HYGIENE DAY: Through the years

Dr. Govind B. Shankwalkar

World Health Organization

JIPMER

Chetnad
Dental College & Hospital

Let's make them mouth aware

"Oral Health is Overall Health"

Recording

View and Control Meeting Participants

View Options

Speaker View

Full Full Screen

ORAL HYGIENE DAY: Through the years

Dr. Govind B. Shankwalkar

World Health Organization

JIPMER

Chetnad
Dental College & Hospital

Let's make them mouth aware

Oral Health is Overall Health

Dhruvika

Ravika

Malikakshi

Kaushika M.

Sevika Jithika

Nehika EA

Nivedita H

Vi Malika

Nandini H

Rishika G

Rishika G

Kaushika Malika

Lakshika Vignika

Mansika natar

Rishika Rajika

Mallika J C

Dr. Jagannik

Dakshika D

Viva Rajika

Medhi Rajika

Aparika S

Muhabika S

Naradhika S

Lopethika M

Mute

Stop Video

Participants

Chat

Screen Share

Share

Screen Share

Leave

We have seen in the past years that our college has also tapped into the potential of mass media through radio, Instagram page etc. During this pandemic time it gains all

the more importance to make the people mouth aware. As an extension of this, I was able to connect with 61 enthusiastic participants who took the oral hygiene awareness quiz via the google forms covering topics from toothbrush hygiene, smoking effects, trauma, gum problems & malocclusion.



This session was followed by two games named Outburst & Mouthwreck. In the both the games the students were split into 4 groups – Department interns, E-Block & PGs, Superspeciality interns, Final years.

In the Outburst game, each team were given a topic like school oral health programs, Fluoridation etc wherein the team representative told the words related to it in a minute. The teammates could help the representative in the chat box. The team which said the maximum words cumulatively in 3 rounds wins the game.

In the Mouthwreck game, each team were given a clinical situation like handling a down syndrome patient in dental clinic, handling visually challenged child. The one who saves the patient with appropriate patient handling instructions & saves the mouthwreck is the winner of the game.

Wipeout quiz was conducted wherein 10 questions were projected with subsequent difficulty levels for each team. When a team answers wrong, they leave the game at that question gaining points until the previous question. The team which answers maximum questions right wins the game.

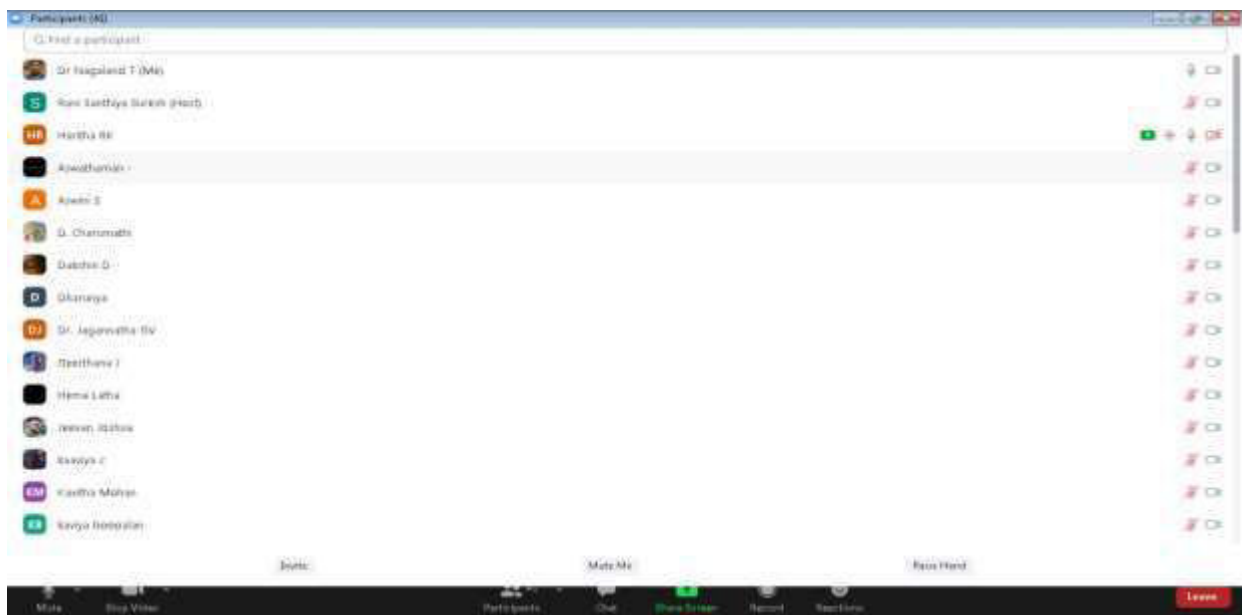
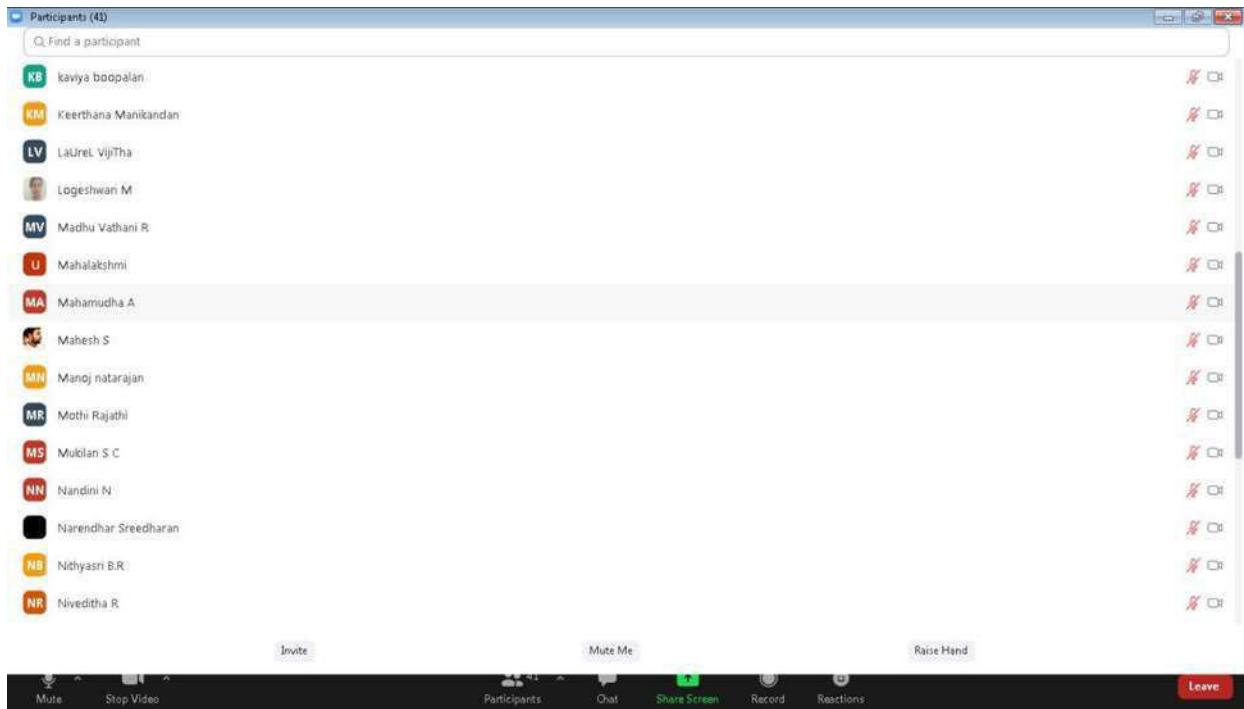




We thank the Department of Public Health Dentistry, for giving us the opportunity to think creatively & conduct a completely virtual Oral Hygiene Day.

PARTICIPANTS LIST





DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD EARTH DAY 2020

DATE: 30.8.2020	NO. OF STUDENTS: 39
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict, Dr.Dilshad	ORGANISING AGENCY Vinitha.A , Rebecca.J Praveen.R, Steffy.S, Sivandhini.P.S, Monisha D , Kokila SK , Naresh B , Iswarya S Qurathul Ayn Fathima, Shanmugapriyan.P.

SPECIAL EVENT REPORT

WORLD EARTH DAY

22nd APRIL, 2020

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1.	Introduction
2.	Events

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2.2	Gibberish challenge
2.3	Wipe off challenge
2.4	Tic Tac Toe
2.5	Elephant in the room
3.	Videos
3.1	Don't rush challenge
3.2	Video on air pollution
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3.4	Quarantine video

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3.6	Meme video
3.7	Video with Bingo challenges
4.	Sketches and logos
5.	Conclusion collage
6.	Appendix: List of participants

1. INTRODUCTION

Earth Day 2020: The theme for Earth Day 2020 is climate action. The Earth day is observed on 22 April every year. Earth Day was founded by American senator Gaylord Nelson for environmental education. This day commenced on April 22, 1970, and in 2020 we are observing 50 years of its inception. Today more than 1 billion people in 192 countries of the world are celebrating Earth Day.. Earth Day is now a global event each year; it is the largest civic-focused day of action in the world.

Mahatma Gandhi once said that "*nature has enough resources to fulfill the needs of the human being but it can't fulfill the greed of the humans*".

As scientific innovations are taking place around the world, the pace of environmental degradation is also increasing. So to increase the awareness about the environmental degradation some individuals and institutions have come forward for this good cause.

Earth Day Network (EDN), the organization that leads Earth Day worldwide is educating millions of people about the health and other risks associated with the use and disposal of plastics, including pollution of our oceans, water, and wildlife, and about the growing body of evidence that plastic waste is creating serious global problems.

The factors that destroy the Earth's environment are as follows;

1. Polyethylene is one of the most polluting elements of the world. Plastic pollution is poisoning our land and oceans, injuring marine life, and affecting our health.
2. Deforestation for commercial purposes
3. Lesser awareness in the mass about the environment protection around the world
4. Exploiting the nature of the human being. The human wants to fulfill his greed from nature, which is next to impossible.
5. The neutrality of the environment protection laws all over the world.

The question about COVID-19 pandemic being a godsend for human beings or not can not be answered, but it would seem to be one for the environment.

Following the outbreak of the coronavirus, many countries had adopted lockdown procedures that stopped people from moving out and for shops and other establishments to close down. The COVID-19 lockdown has had a positive impact on the environment .Before the start of the COVID-19 pandemic, the air around us had been deemed very toxic to breathe in due to the amount of greenhouse gases that had been emitted over the centuries. The Earth faced rising temperatures, which in turn led to the melting of glaciers and rising of sea levels. Environmental degradation was happening fast due to the depletion of resources such as air, water and soil. But after the coronavirus lockdown commenced, there have been slight changes in the environment.

Impact of COVID-19 Lockdown on Environment:

Air Quality:

After the lockdown was put in place in many countries, there was lesser travelling done by people, whether it be by their own cars, or by trains and flights. Even industries were closed down and not allowed to function. This in turn led to the pollution in the air dropping significantly, as there was a marked decline in nitrous oxide emission.

Water Quality:

Since there were no boats, whether they be fishing or pleasure ones, plying on the rivers and waterways, the water has cleared up. In areas like Venice, the water

became so clear that the fish could be seen and there was better water flow. No doubt, because of the lesser human footfall even the oceans are recovering and marine life is thriving.

Effect on Wildlife:

Again where fish is concerned, the lockdown has seen a decline in fishing, which means that the fish biomass will increase after over-fishing almost depleted it. Apart from that, animals have been spotted moving about freely where once they would not dare to go. Even sea turtles have been spotted returning to areas they once avoided to lay their eggs, all due to the lack human interference.

Effect on Vegetation:

Plants are growing better because there is cleaner air and water, and because yet again there is no human interference. With everything at a standstill, plants are allowed to thrive and grow and produce more coverage and oxygen. Less litter also means lesser clogging of river systems, which is good in the long run for the environment.

Though there has been a positive impact on the environment due to the lockdown, there is fear that once people start travelling again or go back to doing what they have been doing, all the positive impact will also disappear.

Finally, it can be said that the real Earth Day will be observed on the day when we convert this earth as a safer place for our coming generations.

Dr.Naresh gave an introduction for the same followed by the events.



REC



Earth Day 1970 - 2020

50TH ANNIVERSARY | TIME WILL TELL

CHANGING AND GROWING: 215+ YEARS CO.

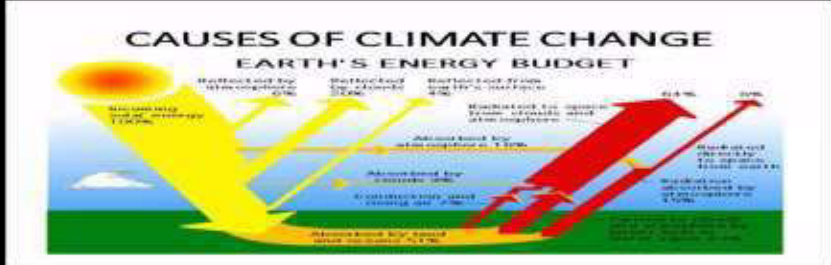


PER CAPITA CO₂ EMISSIONS (2019) vs. 1990 (1990)



REC





THEME FOR THE WORLD EARTH DAY 2020



OUR THEME FOR THE EVENT –“SHE IS HEALING”

2. EVENTS

In order to bring awareness about the event and to enable the young and budding dentists to be concerned about the well being of Our Mother Earth and the environment ,we, the house surgeons posted in the Department of Public Health Dentistry, came up with a few events on account of the World Earth Day.The events were conducted on 30th April, 2020 in the online class via the Zoom app between 11.30 AM and 12.30PM. The faculty members, house surgeons and the final years posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

- i) Quiz-Steffy
- ii) Gibberish challenge-Rebecca

iii) Wipe off challenge-Kokila

iv) Tic tac toe-QurathulAynFathima

v)Elephant in the room-Sivandhini.

3.VIDEOS

The videos that were played during the session are as follows:

i) Don't rush challenge

ii) Video on air pollution

iii) Passing the pledge

iv) Quarantine video

v) Watering the plant

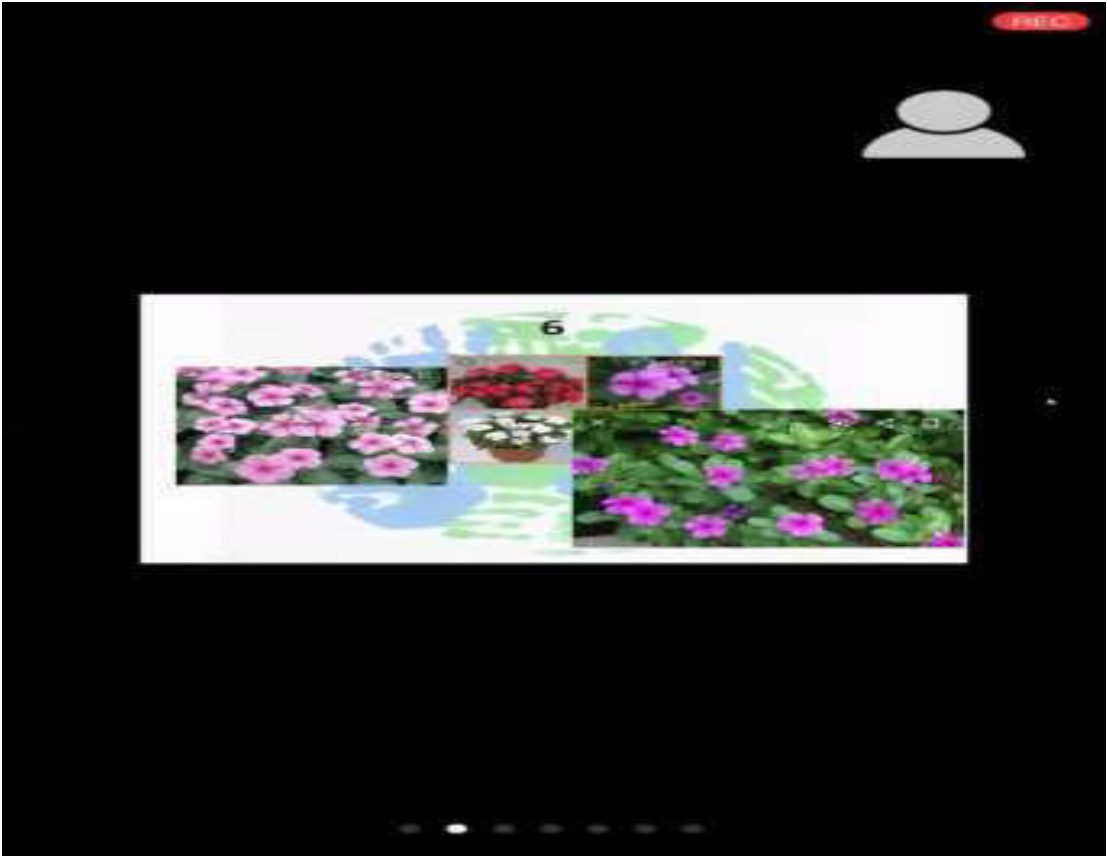
vi) Meme video

vii) Video with Bingo challenges

2.1 QUIZ

- Activity in-charge: Dr.Steffy
- A quiz acknowledging how Mother Earth is embracing dentistry by offering a lot of things for us to survive .

- The game was conducted between Interns and Final year students.
- The quiz had picture based questions for the participants to be exposed to an innovative version of the quiz.
- The pictures of the natural products that are derived from the nature for use in dentistry was displayed such as chitosan, agar, guttapercha, clove oil etc. There are n number of products we are using in dentistry that is obtained from nature.
- There were 20 questions ,10 questions each for final year and house surgeons.
- A time limit of 15 seconds were followed for each question.
- When the participants were not able to find out the answer ,a clue was given projected.
- This game was conducted to test their knowledge and also let them know that there are natural products offered by Mother Earth to be used in dentistry and we dentists should be grateful for it.
- The final year students and interns actively participated in the game.

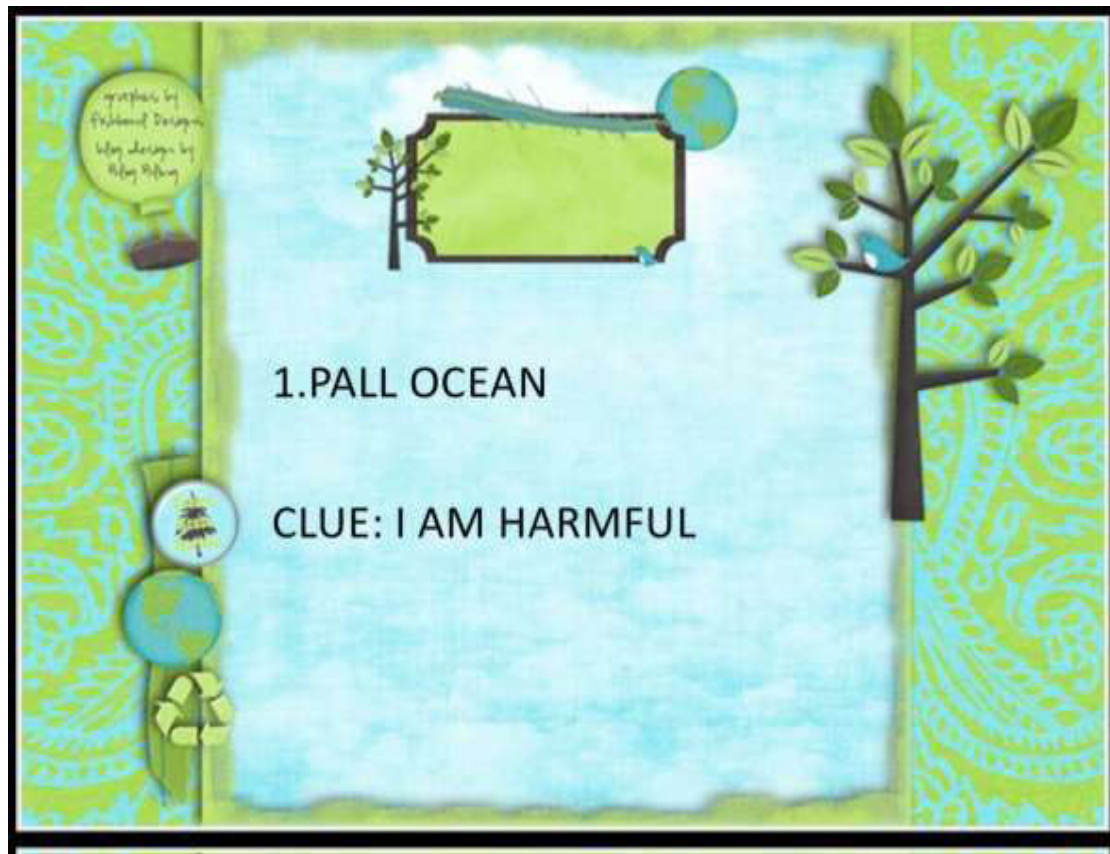




2.2 GIBBERISH CHALLENGE

- Activity in-charge: Dr. Rebecca
- The game was conducted between interns and final years.

- A time limit of 8 seconds was given each question.
- 10 words related to Earth and Go Green Plan were listed and these words were substituted with words which sound similar to it or gibberish words.
- When the participant tries to pronounce these gibberish words faster ,they will be able to find out the actual word.
- The essence of conducting the game to make sure that people get to know about importance of celebrating the day in fun-filled manner
- Active participation from both interns and final years was appreciated



2.3 WIPE OFF CHALLENGE

- Activity in-charge: Dr.Kokila
- The theme of this game was “nature based dentistry”

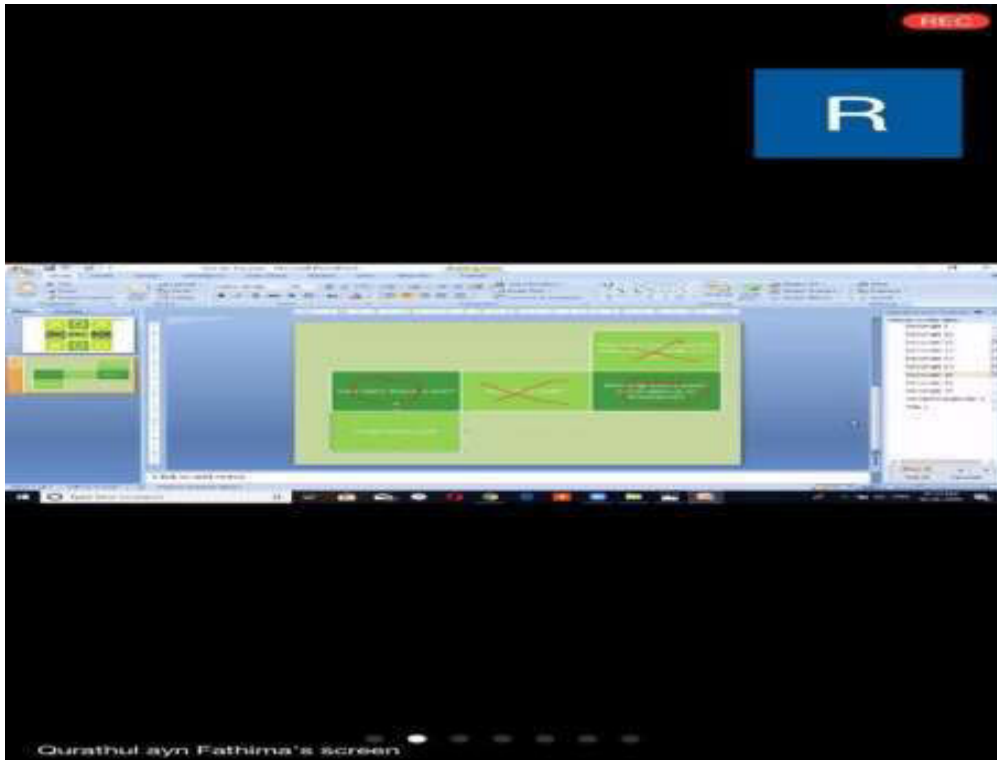
- A set of 5 words were given and participants were asked to find the odd one out which is related to nature and the clue given was dental related words.
- Both final years students and interns were asked to answer to the questions alternatively and each of the group were given 10 seconds and representatives were selected from each group and they were asked to answer to the questions.
- The house surgeons and students actively participated in this event.





2.4 TIC TAC TOE

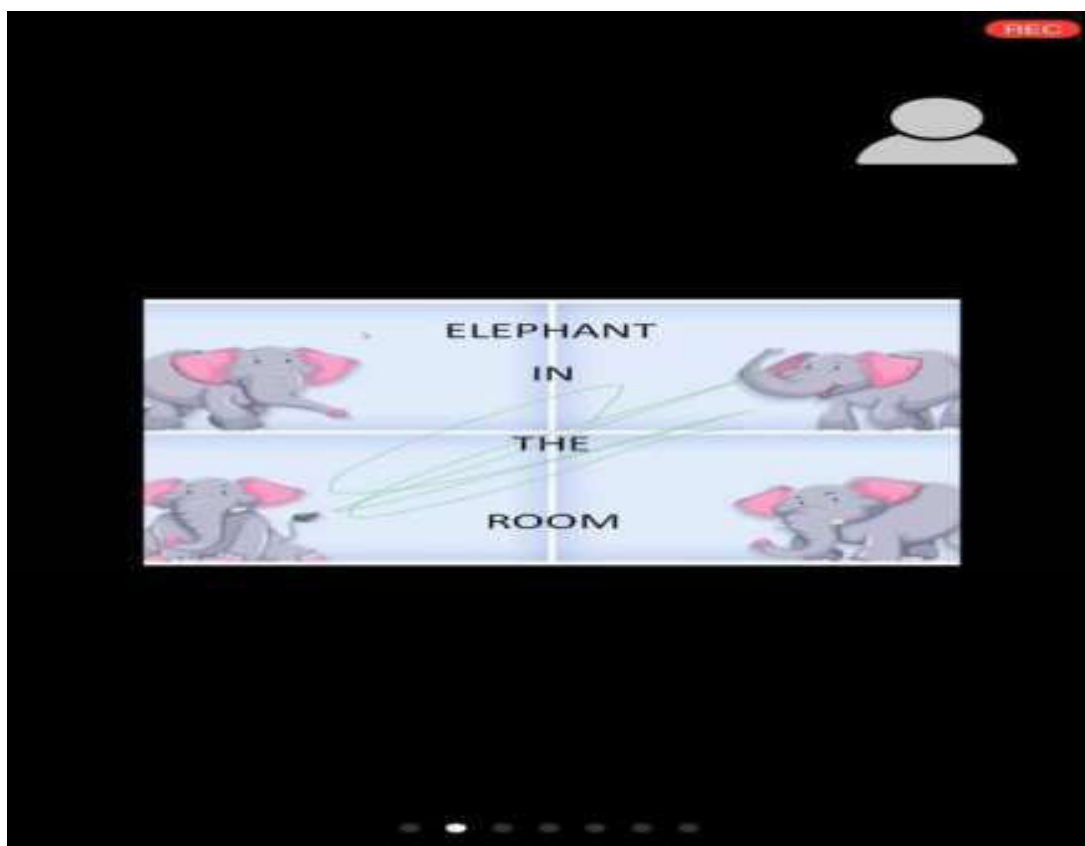
- Activity in-charge: Dr.QurathulAynFathima
- This activity was held for interns and the final year students.
- This game was a digital version of the traditional tic tac toe game that we all played during our childhood but for a change it was based on the conservation of of Our Mother Earth .
- The students were asked questions about earth and fun facts were discussed during the game .
- This activity was organised to brainstorm the participants to elicit the right answers from the simple clues given to them.
- The success was faced by interns only after undergoing a tough competition with the final years.



2.5 ELEPHANT IN THE ROOM

- Activity in-charge: Dr. Sivandhini.P.S
- The game had 4 rounds.
- A story /paragraph based on Mother Earth was read out to the participants .
- Each paragraph had 3 words/clues in varying scales of difficulty related to the nature and the factors that caused pollution .
- The participants were asked to listen to the story carefully and the moment they heard that particular word ,they were asked to stop and say ZOOM.

- Every word that was found out carried one mark.
- This game was conducted to kindle their listening skills.
- Both final years and house surgeons participated enthusiastically.





3.VIDEOS

- i) Don't rush challenge
- ii) Video on air pollution
- iii) Passing the pledge
- iv) Quarantine video
- v) Watering the plant
- vi) Meme video
- vii) Video with Bingo challenges

3.1 DON'T RUSH CHALLENGE

A video was made to create awareness to save electricity ,to reuse the plastics and to use re usable batteries.

- The most trending Don't Rush Challenge was used to create the above mentioned awareness.
- 3 pairs of video scenarious were compiled into one.
- Eg:One pair comprised of a person wasting a particular thing and other person reusing it.







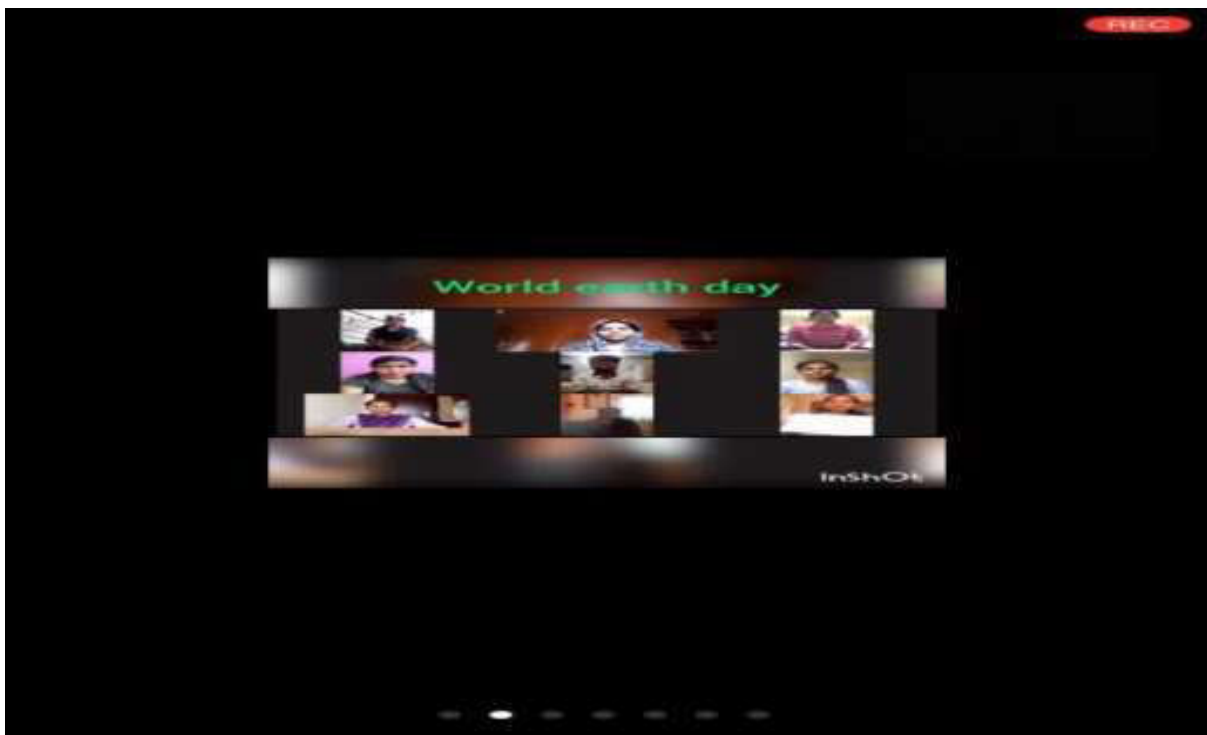
3.2 VIDEO ON AIR POLLUTION

- A video made by Dr.Praveen.

- The video is based on air pollution and the ways to control it.
- In our day-to-day life each one of us are causing air pollution in some way or the other.
- Hence ,this video depicts how air pollution is being caused and the measures we can take to prevent it from occurring .

3.3 PASSING THE PLEDGE

- A video was made by screen recording a zoom meeting in which the hosts passed pledges among themselves in a sequential manner which allured the audience.

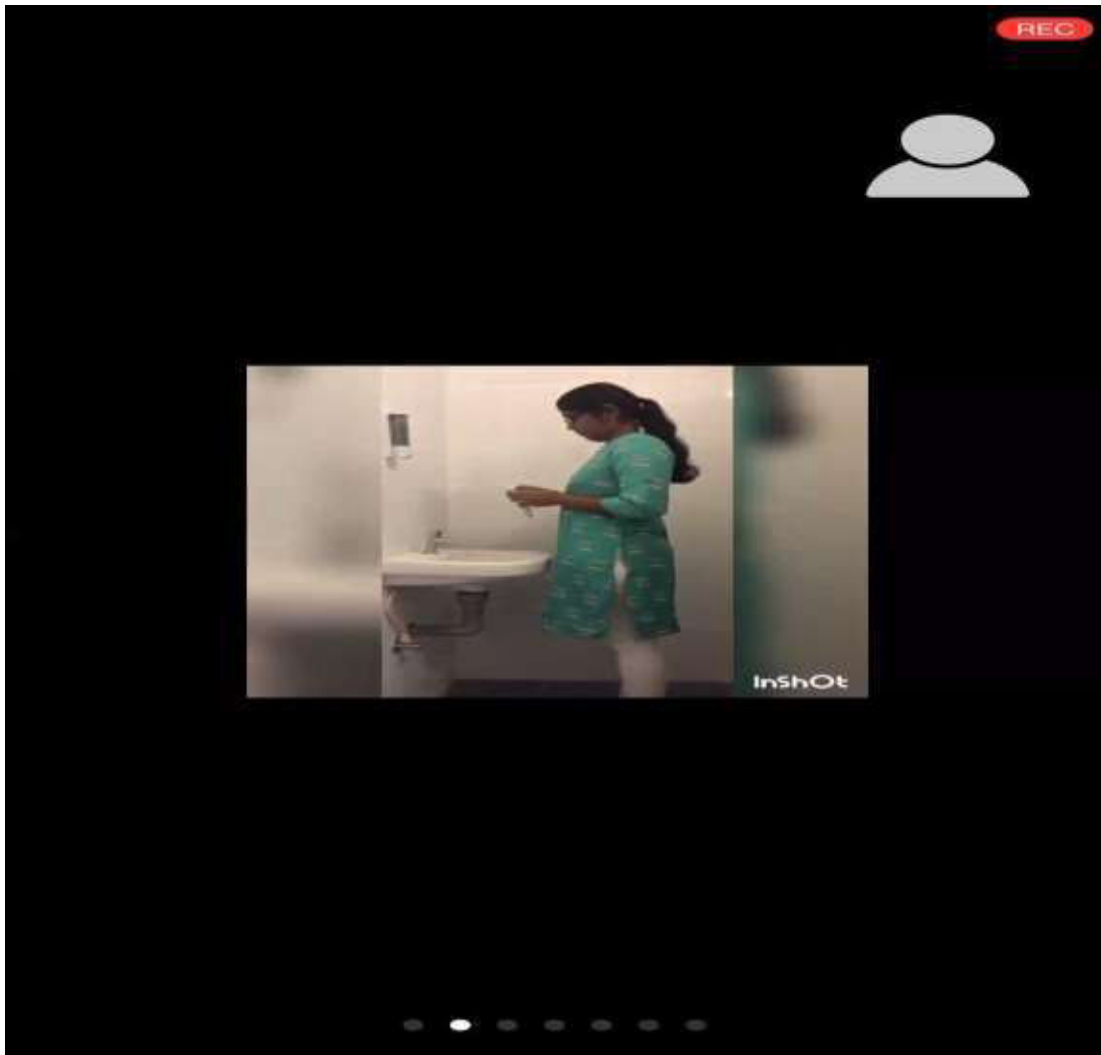


3.4 QUARANTINE VIDEO

- Done by Ishwarya.
- A video on how all of us are depleting the resources that we have been blessed with with ignorance and reluctance.

- It also depicted how one minute of turning the light ,putting the litter in trash cans will help ourselves and the people around.

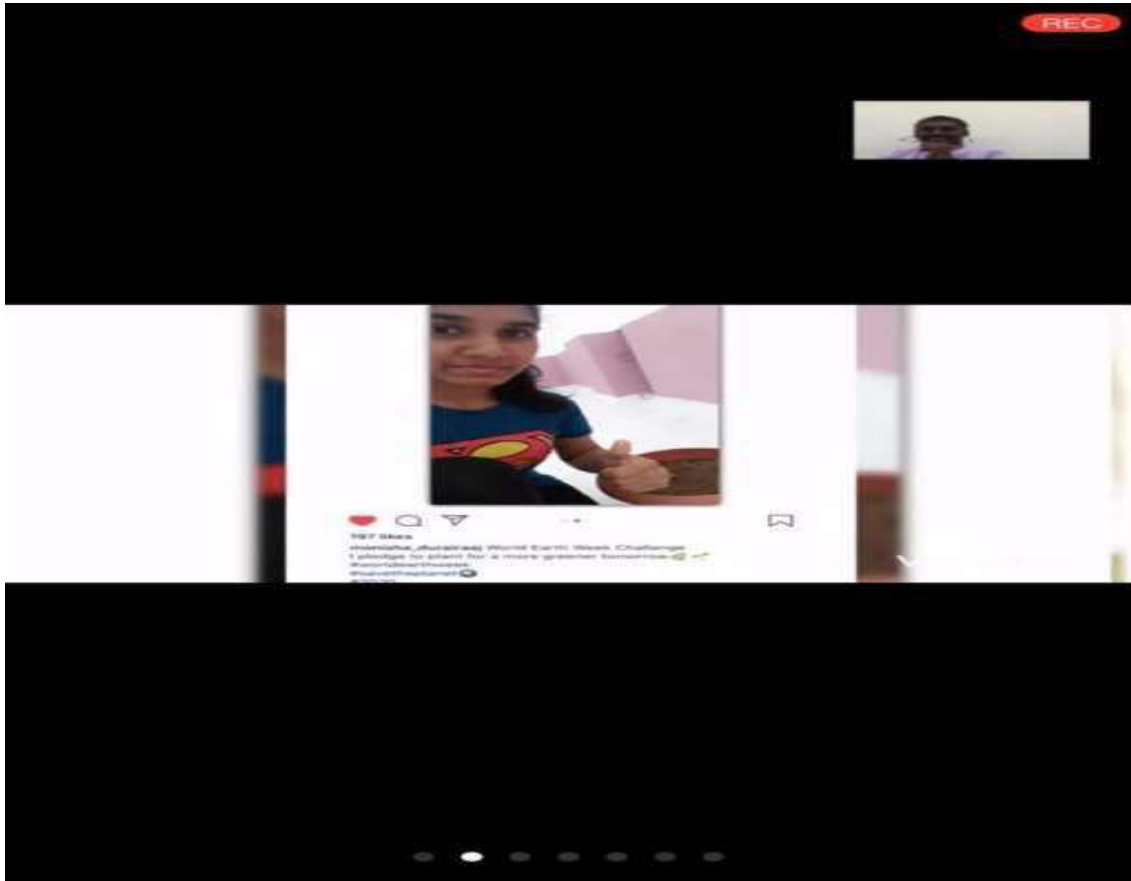
Through this video we conveyed about the role we can play to make this world a better place to live in –“LIVE AND LET LIVE”.



3.5 WATERING THE PLANT

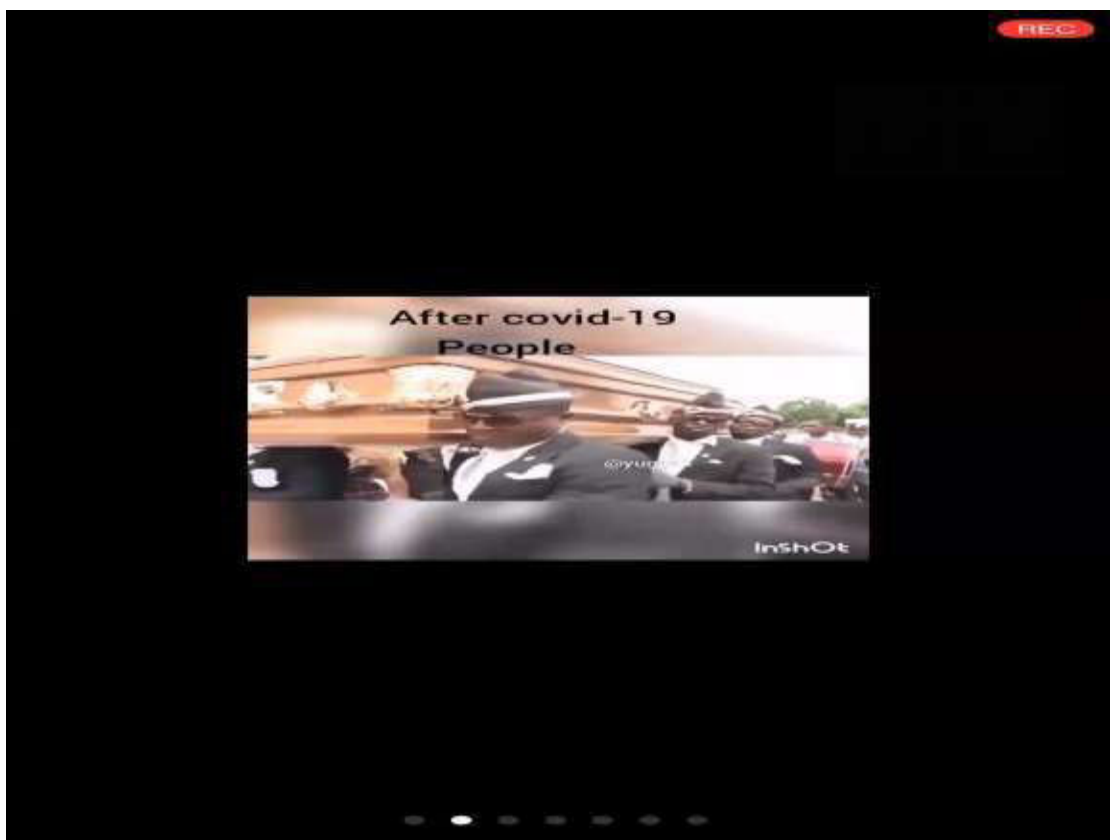
- Participants took a variety of challenges and posted it on their social networking sites such as feeding the stray animals,eatingorganic,conservingelectricity,planting a tree,watering the plant etc.

- A compilation of the participants and the organisers watering the plants was made into a video by Dr.Vinitha.
- This was a small step taken from our side to save nature.



3.6 MEME VIDEO

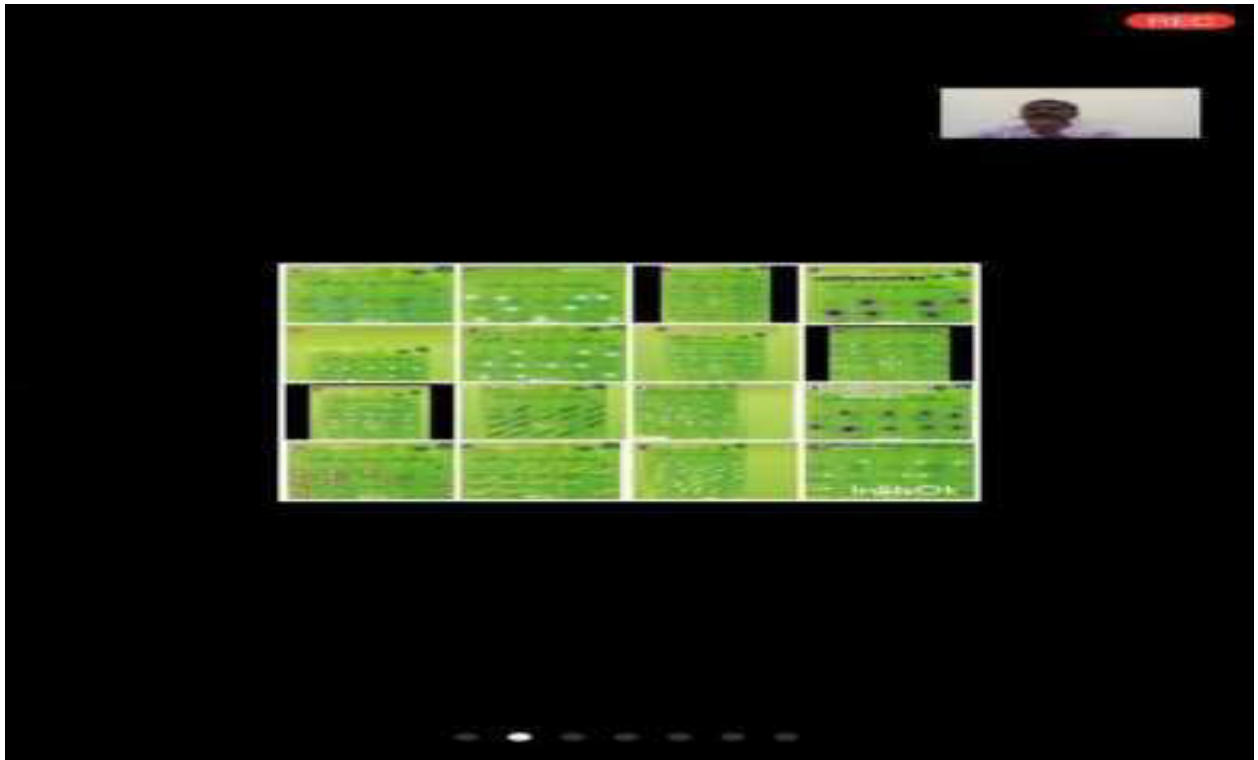
- Done by Dr.Shanmugapriyan
- An hilarious meme video was made depicting the expressions of Earth before and after Covid -19. The video did not fail to tickle the funny bone of our audience.





3.7 COLLAGE WITH BINGO CHALLENGES

- Done by Rebecca.
- A week before the event, the most trending online game BINGO was conducted on a social networking site in which many participants took up the challenge.
- This bingo template had certain questions like had u eaten organic food, made money out of waste ,watched a nature based documentary etc.
- The screenshots of the bingo challenge accepted by all the participants was made into a collage and projected during the event.



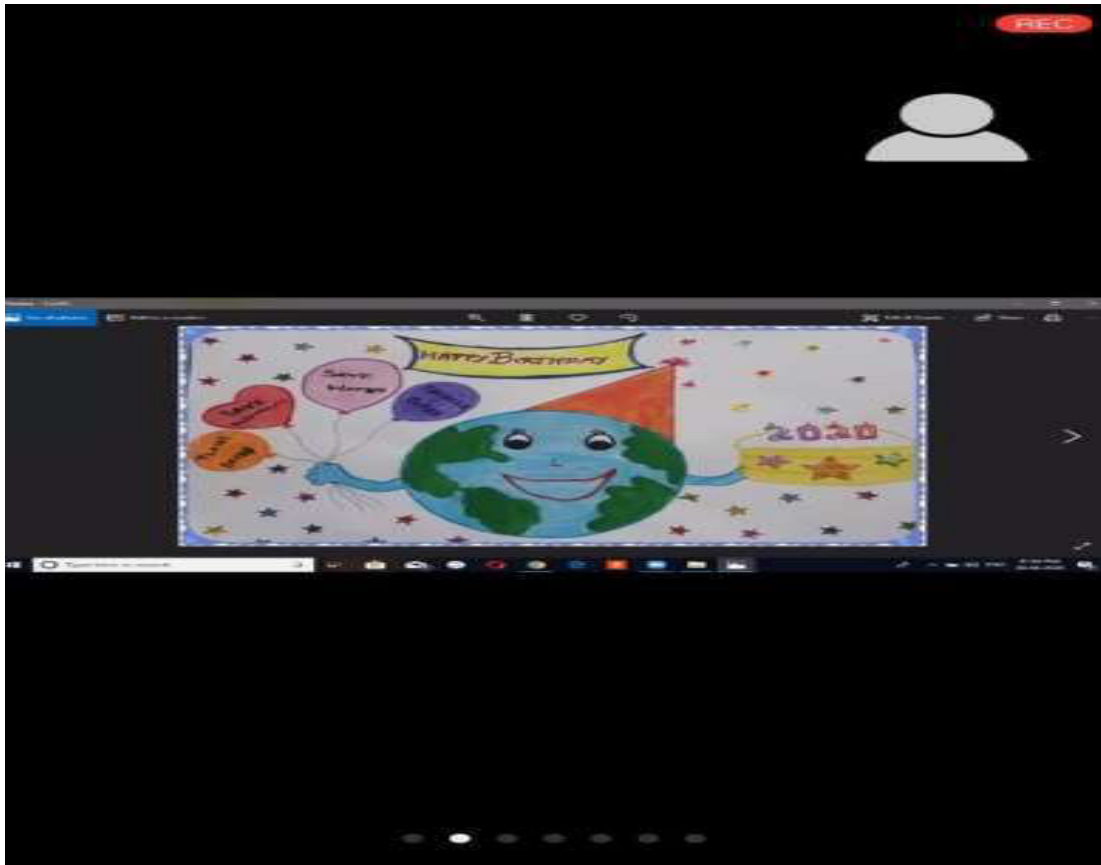
4.SKETCHES AND LOGOS

- Done by Dr.Vinitha and Dr.Shanmugapriyan.
- Sketches were done to depict that Earth was celebrating her birthday,the Earth before and after Covid -19.
- We also projected our logo which was exclusively designed by all of us .We had incorporated the handprints of all the organisers in the picture of our Earth in a greenish background .



inspired





5. CONCLUSION

We concluded the event by emphasizing on the fact that OUR MOTHER EARTH has to be protected from the dangerous effects of pollution and environmental hazards caused by mankind.

Also, we put forth that during the Covid -19 lockdown the earth has started to heal gradually and its in our hands to help our Mother Earth continue with her healing process even after we humans come back to our routine life post-lockdown.

There was an active participation from the house surgeons and final year students for all the activities which made the event a great success.

We thank the staff members for giving us an opportunity to explore and proceed with the various out-of-the-box options to make the online sessions engaging for the participants and the hosts of the event.

We, the organisers of the World Earth Day event made a collage of all of us holding each of the letter from our theme “SHE IS HEALING”. This was done to show our support for the healing process of the Earth.



6.APPENDIX: LIST OF PARTICIPANTS

Faculty members:-

1. Jagannatha G V
2. Dr.Nagappan N
3. Dr. Nagaland T
4. Dr. Cyril Benedict
5. Dr.DilshadBanu

Interns:-

1. Vinitha.A
2. Rebecca.J
3. Shanmugapriyan.P
4. Praveen.R
5. Steffy.S
6. Sivandhini.P.S
7. Monisha D
8. Kokila S K
9. Naresh B
10. Iswarya S
11. QurathulAynFathima
12. Aarthy K

13. Bhavana B
14. Hemalatha T
15. Keerthana.M
16. Kavitha
17. Mukilan
18. AkanshaTini. P
19. Keerthana S
20. Clement Solomon
21. Nandhini.R
22. Ilavarasi. K

FINAL YEAR STUDENTS:-

1. Sophia
2. Sowmya
3. Sruthi
4. Subakeerthi
5. Subashini
6. Sureka
7. Surya

8. Tamil Selvan

























































9. Varshini

10. Vikneshwari

11. Vikraman

12. Vishalini

13. Yuvarani

 Kokila S K	 	 Clement Solomon	 
 Monisha Durairaj	 	 DILSHAD BANU	 
 Nandhini R	 	 Dr N Nagappan	 
 Praveen R	 	 Dr Nagaland	 
 Qurathul ayn Fathima	 	 Dr. Jagannatha GV	 
 Rebecca Joseph	 	 Hema Latha	 
 Shanmuga Priyan	 	 Iswarya srinivasan	 
 Sowmya Natarajan	 	 Kavitha Mohan	 
 Steffy Selastin	 	 Keerthana Manikandan	 
 Subashini Natarajan	 	 Keerthana Sivaraman	 

[Invite](#)

Close

Participants (39)

Search

- Sivandhini Sadasivam (me)
- Ilavarasi Kamatchi na... (Host)
- Naresh Boobalan
- Qurathul ayn Fathima
- Vi.Mukilan
- Vikraman J
- Aarthy Krishnan
- Akansha Stephen
- benedict cyril

Invite

- Sowmya Natarajan
- Steffy Selastin
- Subashini Natarajan
- Sureka Varatharaj
- Surya Nandakumar
- Tamil Selvan M D
- Vikneshwari Jayabalan
- Vinitha Ashokkumar
- Vishalini Mohan
- Yuvarani Muthu Kumar

Invite



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

NATIONAL ORAL HYGIENE DAY 2020

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

SPECIAL EVENT REPORT

NATIONAL ORAL HYGIENE DAY

5th September, 2020

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1.	Introduction
2.	Events
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2.4	Presentation on “Better Teeth Better Health”
2.5	Presentation on “Dentistry is not expensive, Negligence is”
2.6	Model exhibit
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3.2	Meme- Humour of Teeth
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4.1	Mothers are the facilitators of oral hygiene in childhood: An online based survey
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4.3	Oral hygiene awareness program among Geriatric age group
5.	Games
5.1	Camouflage crash
5.2	Connexions
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5.4	Eureka moments

6.	Conclusion
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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

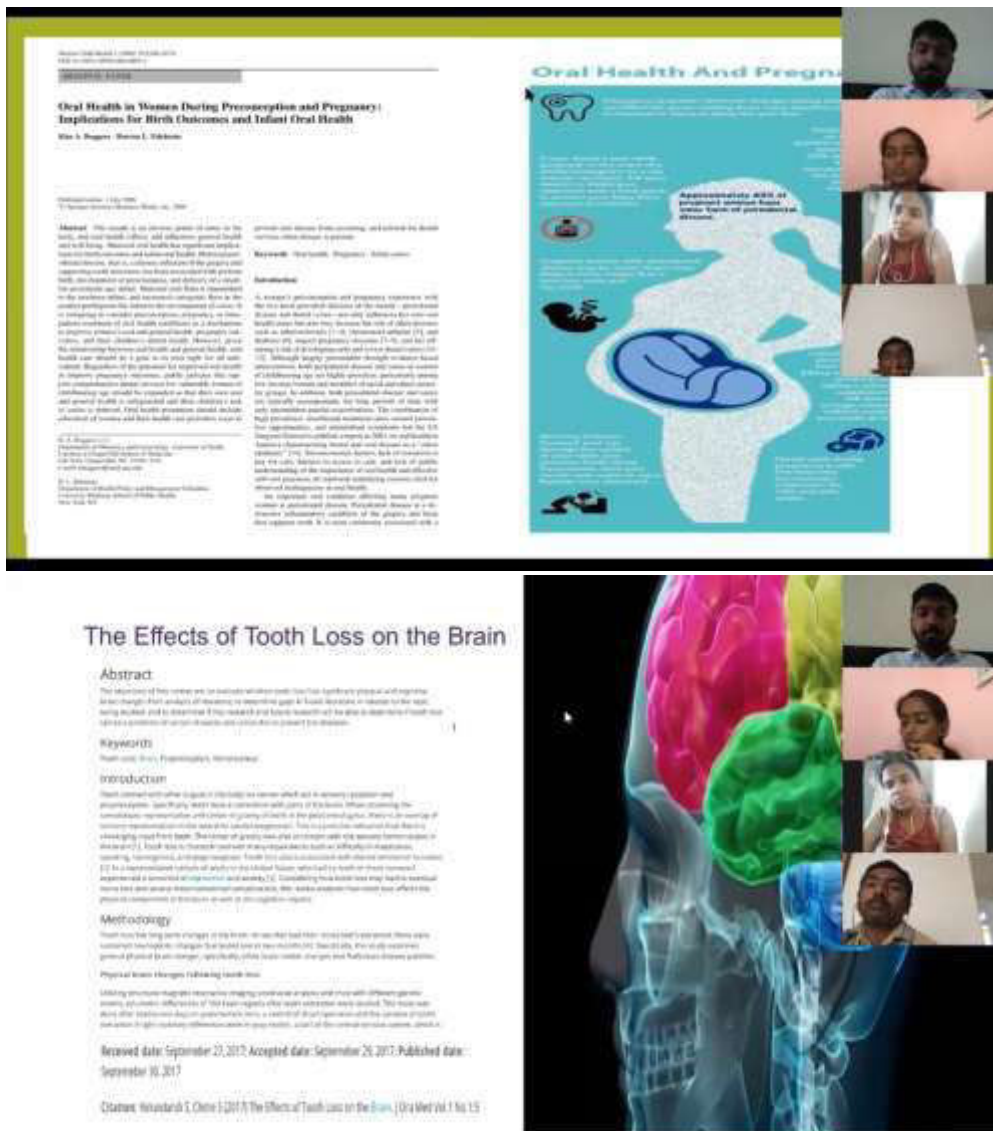


6 Oral Problems you can face if you have DIABETES



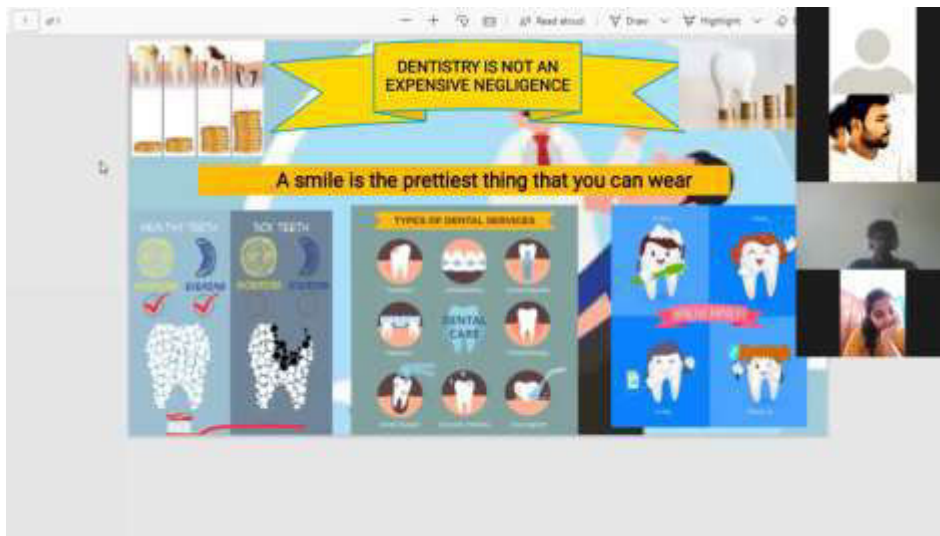
FUNGAL INFECTION





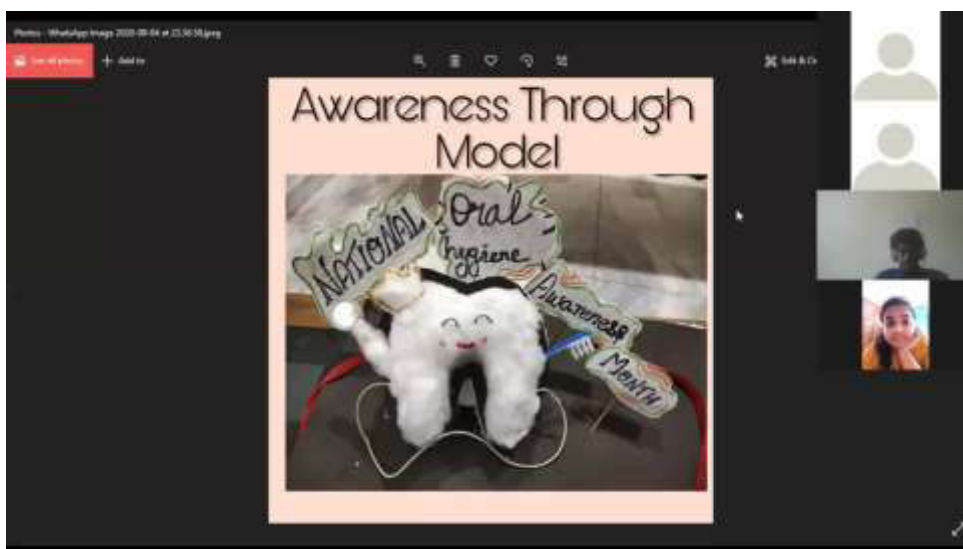
2.5. PRESENTATION ON DENTISTRY IS NOT EXPENSIVE, NEGLIGENCE IS

- 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.

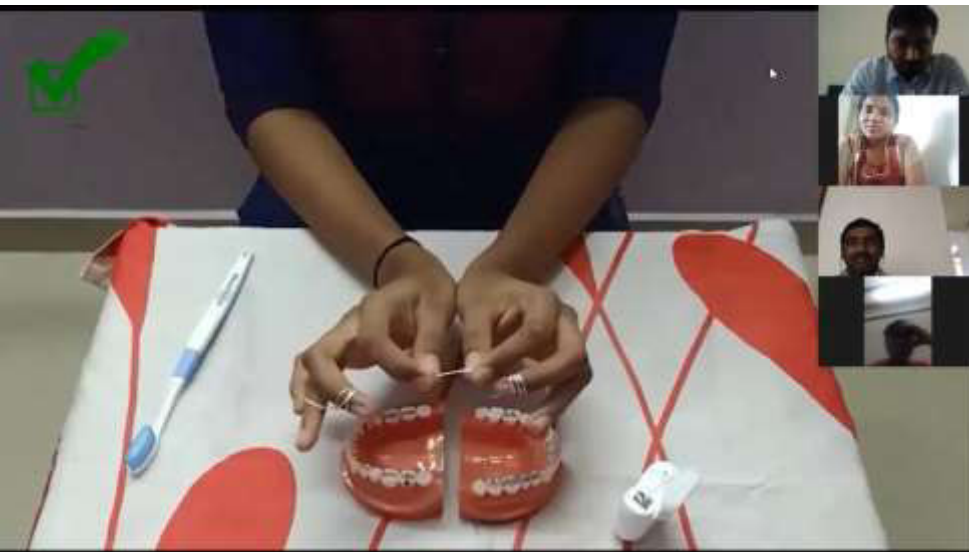


3. VIDEOS

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.



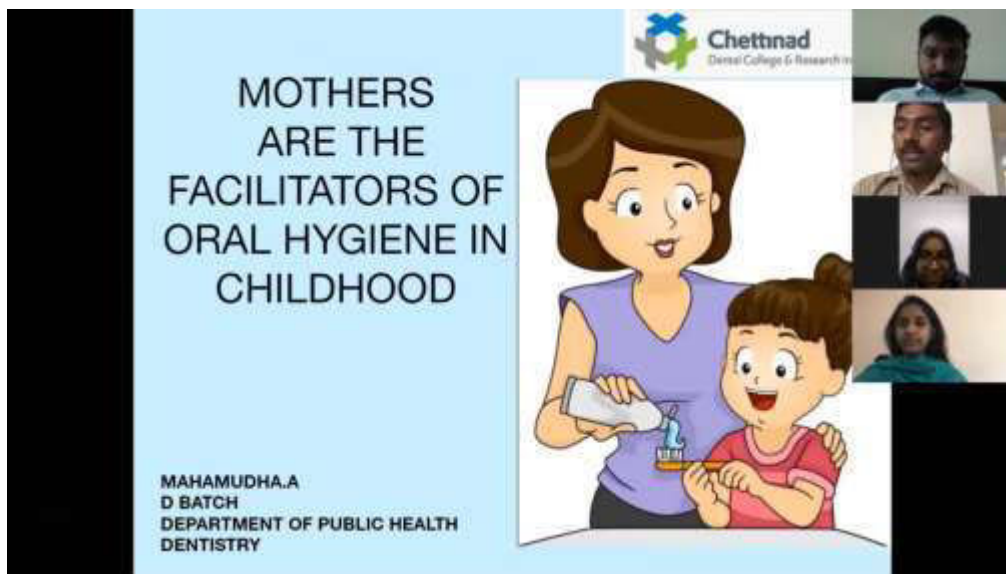


4. SPECIAL EVENT

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

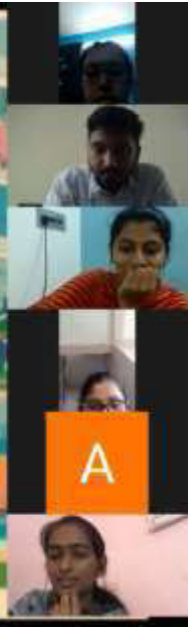
- The Camouflage game was conducted by Mothirajathi.K and Mahamudha.A
- The rules were
- To find the hidden object in the image provided
- The hidden object would be a oral hygiene aid
- Hidden object should be found within 60 seconds
- The participants were divided into four teams and this game was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

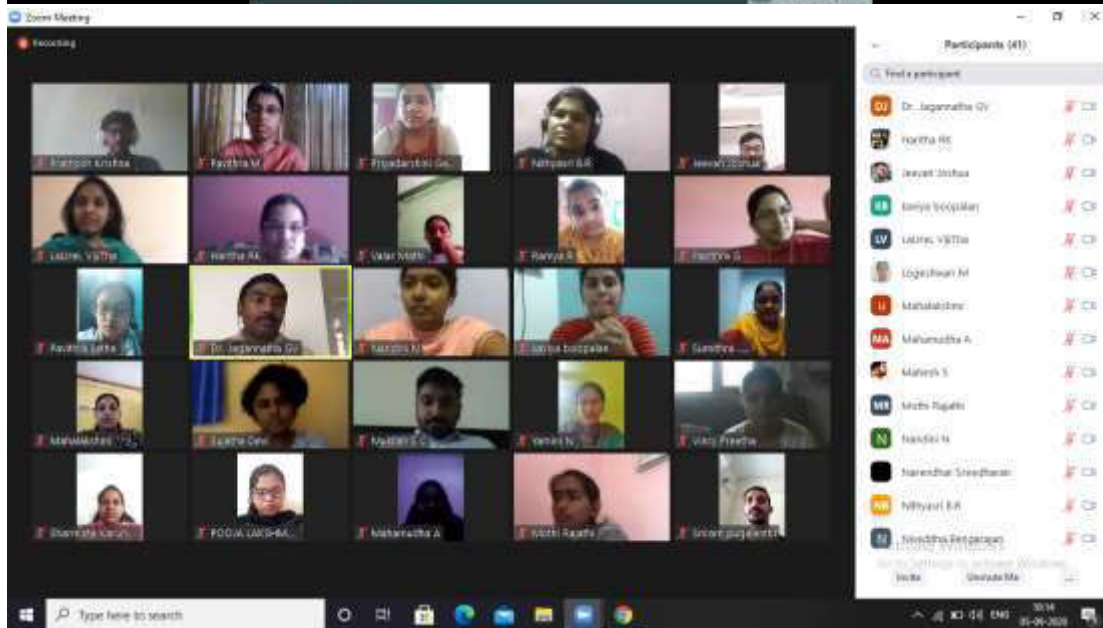
1. Dhanesh Bala
2. Lakshana

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:

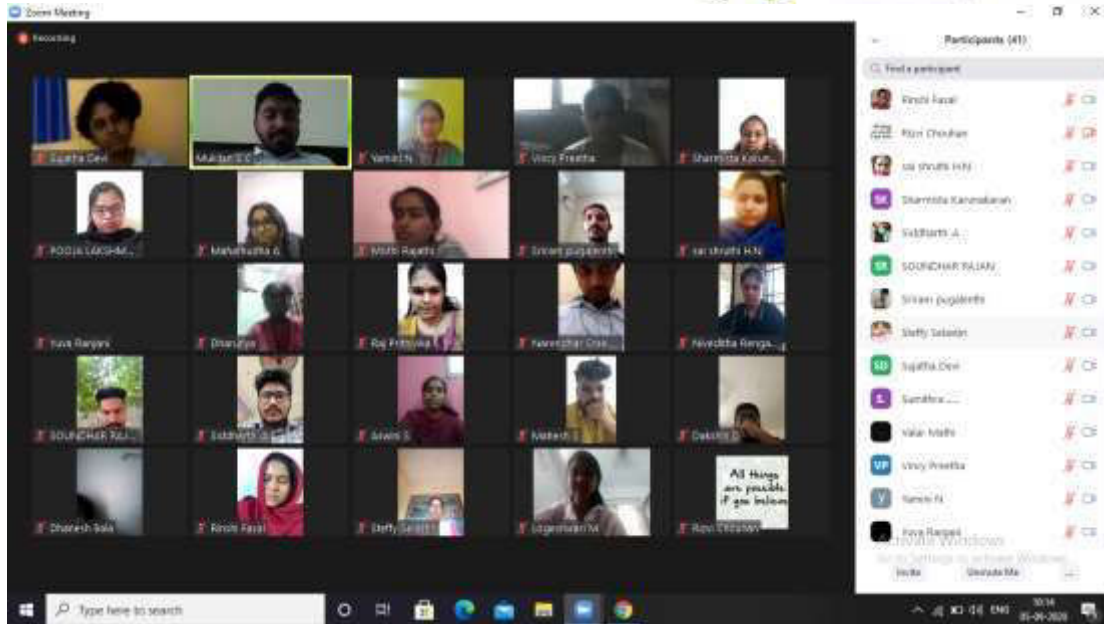
1. Ashwini.S
2. Harthika.Rk
3. Jeevan joshua
4. Kaviya boopalan
5. Mahalakshmi
6. Rinshi fasal
7. Riszi chauhan
8. Sai shruthi.HN
9. Sharmista
10. karunakaran
11. Siddharth
12. Soundhar rajan
13. Sriram pugalenth
14. Steffy selastin

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





Chettinad
Dental College & Research Institute



Chettinad
Dental College & Research Institute

Zoom Meeting

Recording

MOTHERS ARE THE FACILITATORS OF ORAL HYGIENE IN CHILDHOOD

MAHAMUDHA, 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
- Jeevan Anshu
- Kanya Deepthi
- Lalitha Vijitha
- Lijeshwari M
- Mahamudha A

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

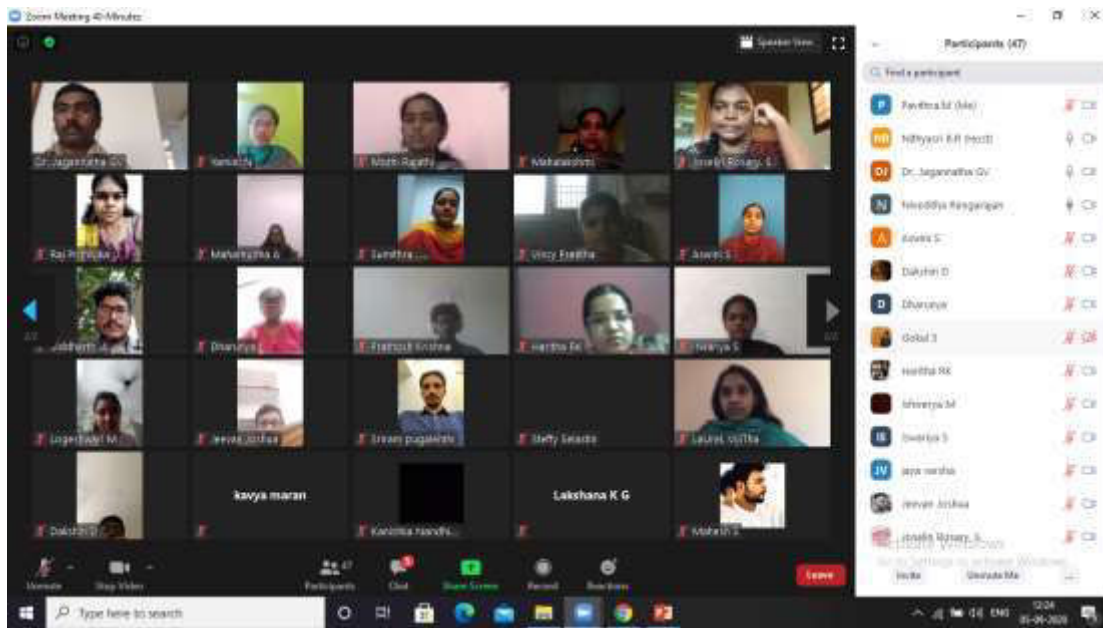
Please click on the window to display more participants video.

Madhu I C (Host) Pavithra M

Dakshin D

Pavithra M

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

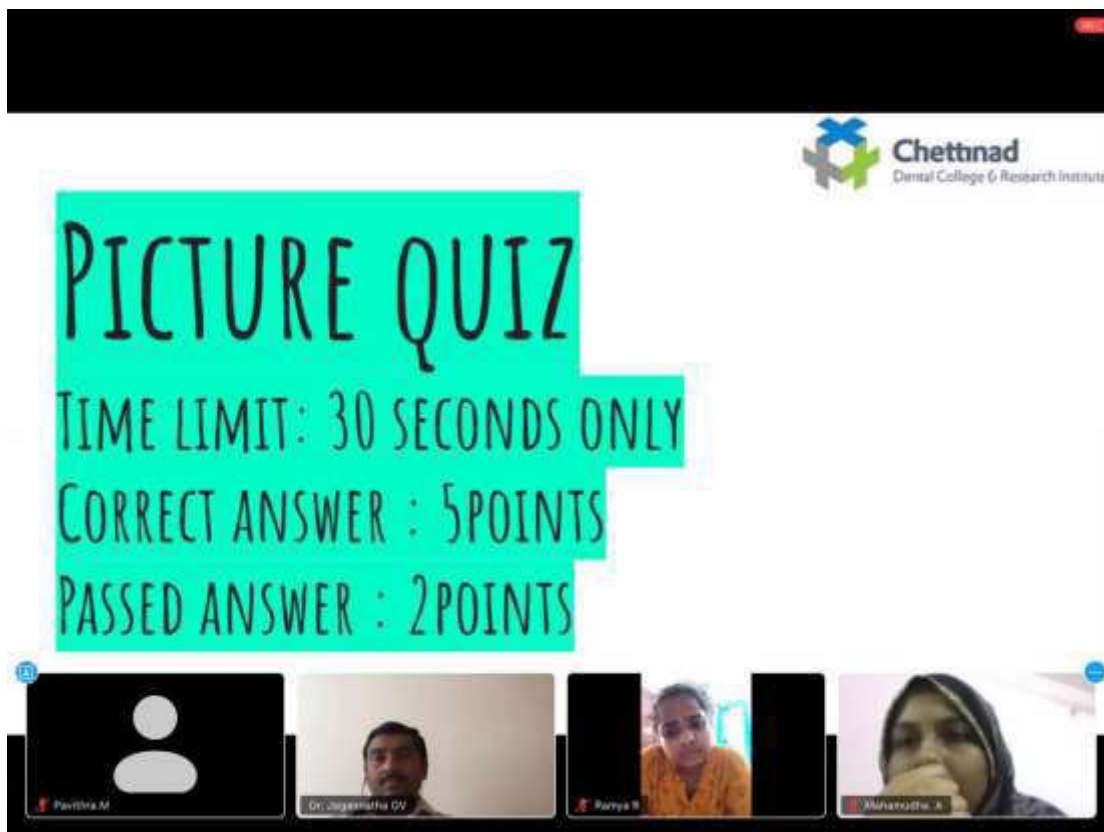
Model



NATIONAL Oral hygiene Awareness Model

Dr. Aganisha D

Dharanya





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)

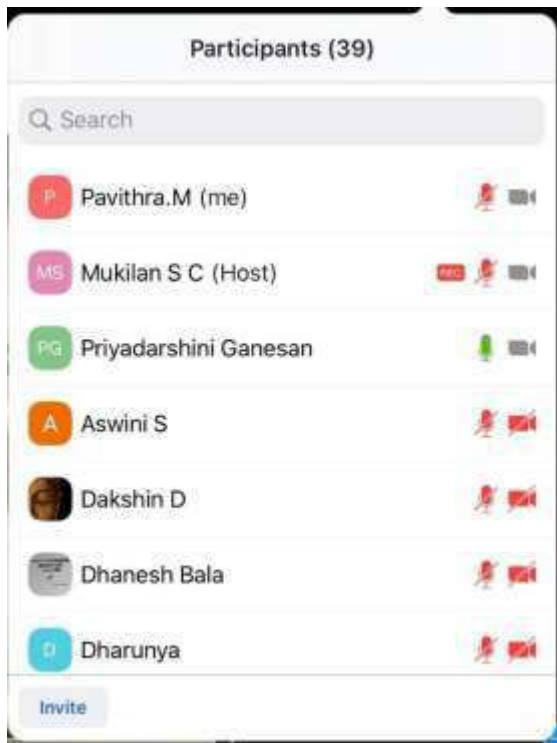
LV	LaUreL VijiTha	
	Logeshwari M	
U	Mahalakshmi	
	Mahamudha. A	
MR	Mothi Rajathi	
N	Nandini N	
	Narendhar Sreedharan	
	Nithyasri B.R	

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



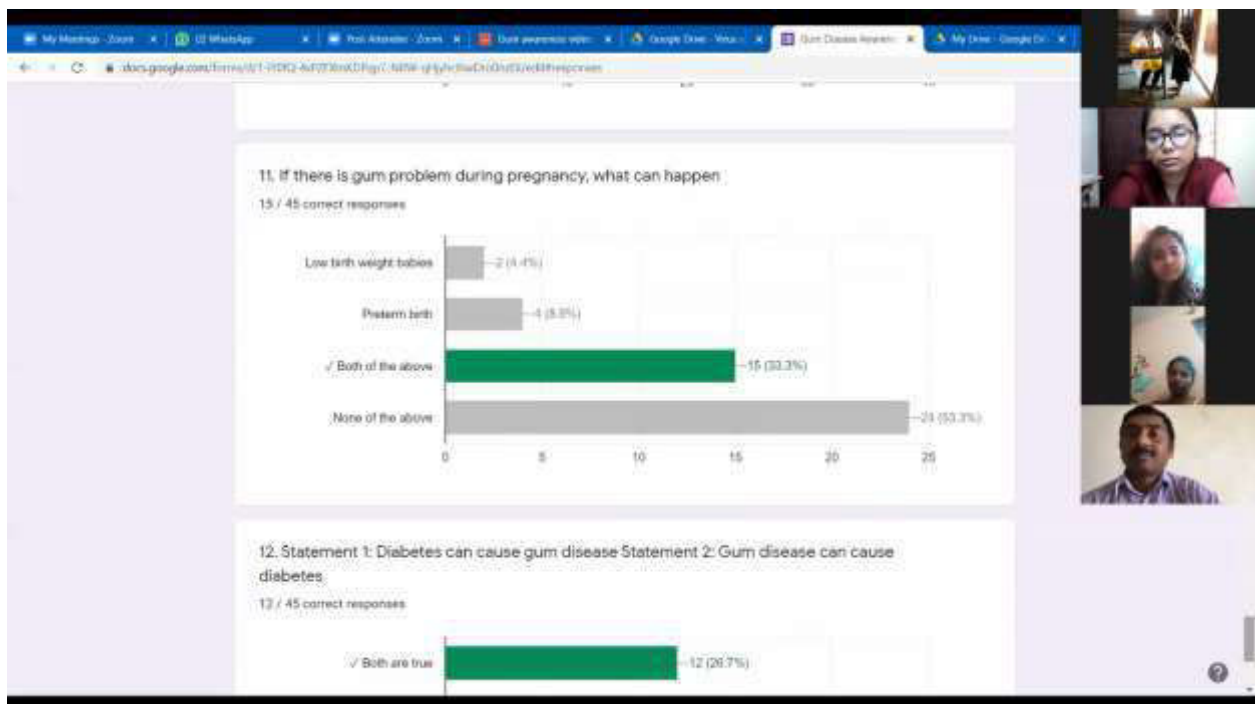
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

GUM DISEASE AWARENESS MONTH 2020

DATE: 19.9.2020	No. OF STUDENTS: 41
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr, Nagappan, Dr. Cyril Benedict	ORGANISING AGENCY: CDCRI

Before we give the awareness to the public about the various gum diseases, we were curious to know what the people & how much they estimate their gum health & disease. Hence we designed a questionnaire & circulated to our kith & kin through various social media platforms.

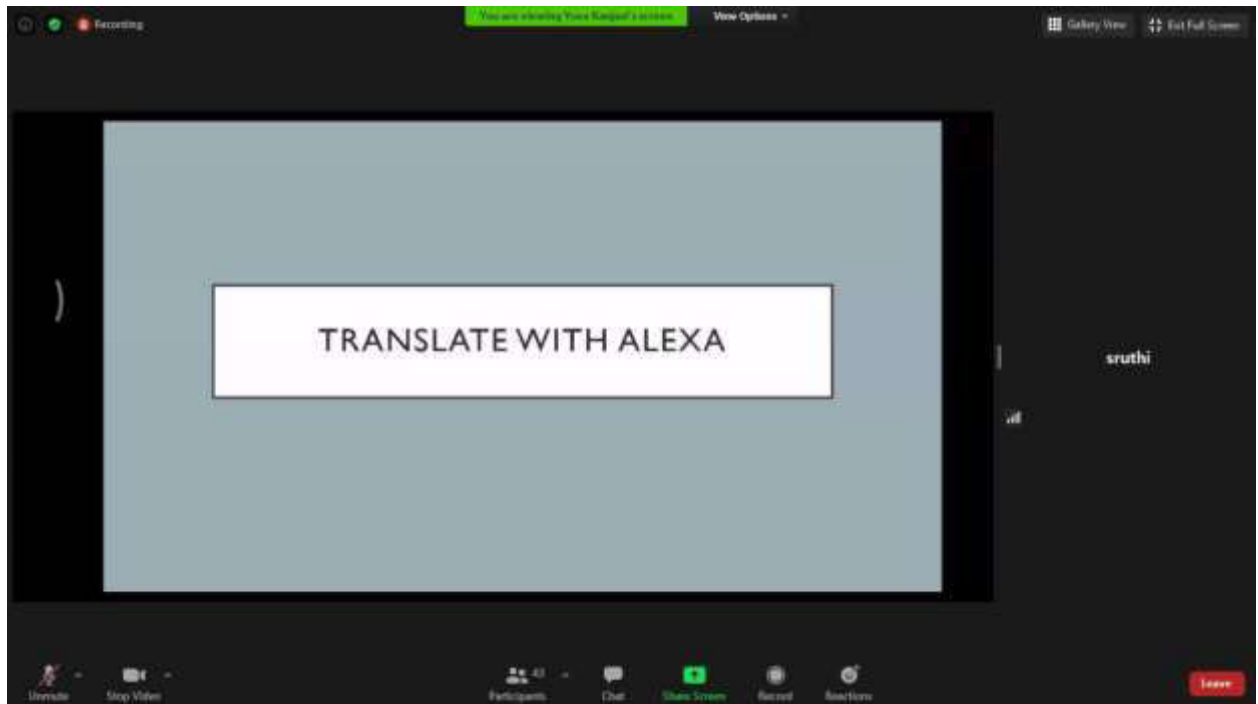
The online survey revealed that the public lacked awareness in the relationship between periodontal health & systemic health. As an initiative to address this issue, an e-poster was circulates to the participants with relevant facts & figure with references as most of the participants in this questionnaire were either an undergraduate or postgraduate.



Mystery bag is an innovative game consisting of three sequential clues to arrive at a term relating to gingivitis & periodontitis. For each clue 10 seconds are given, the lesser the clue a team utilizes, more the points they gather.

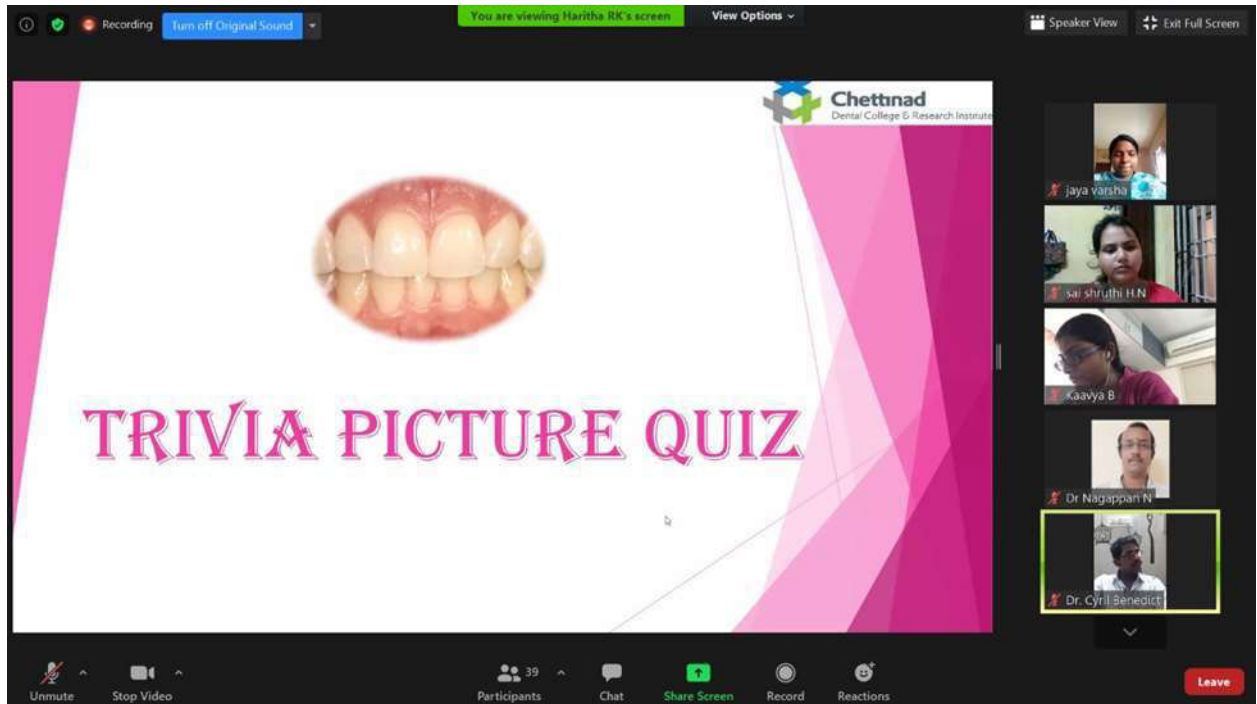


We have all once were in a situation that we had to use the google translate to interact with the patients. However, in some situations in turns out to be hilarious. This is a fun game wherein the google translated dental conditions & terminologies in tamil were projected & the participants were asked to find out what is it.

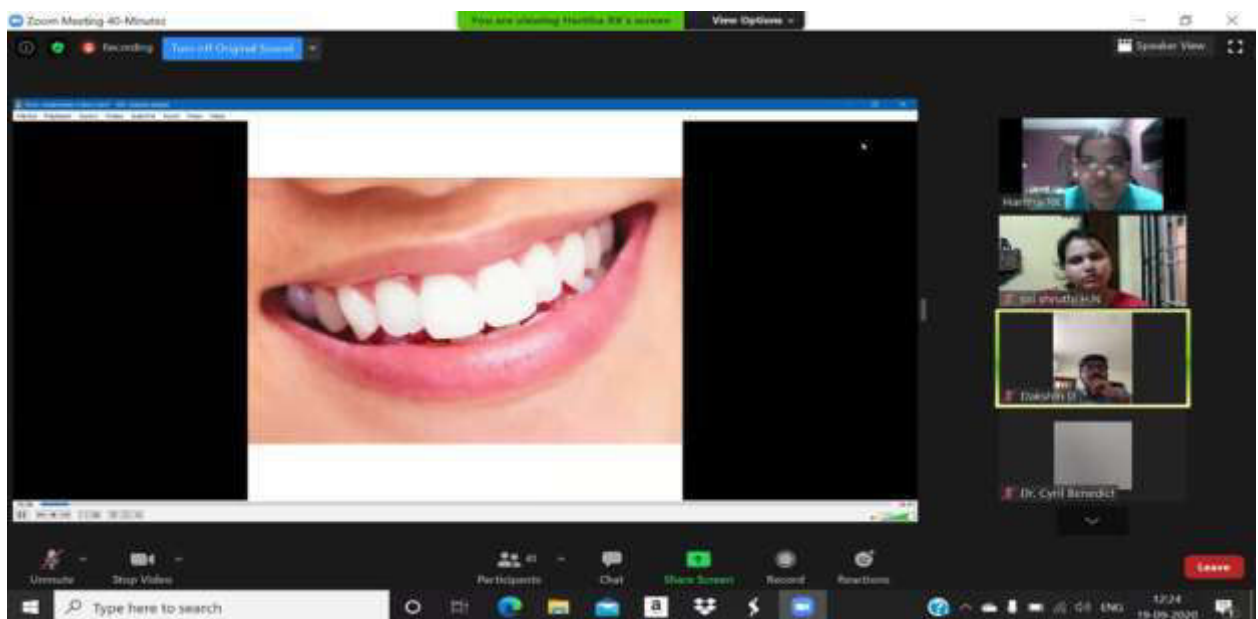
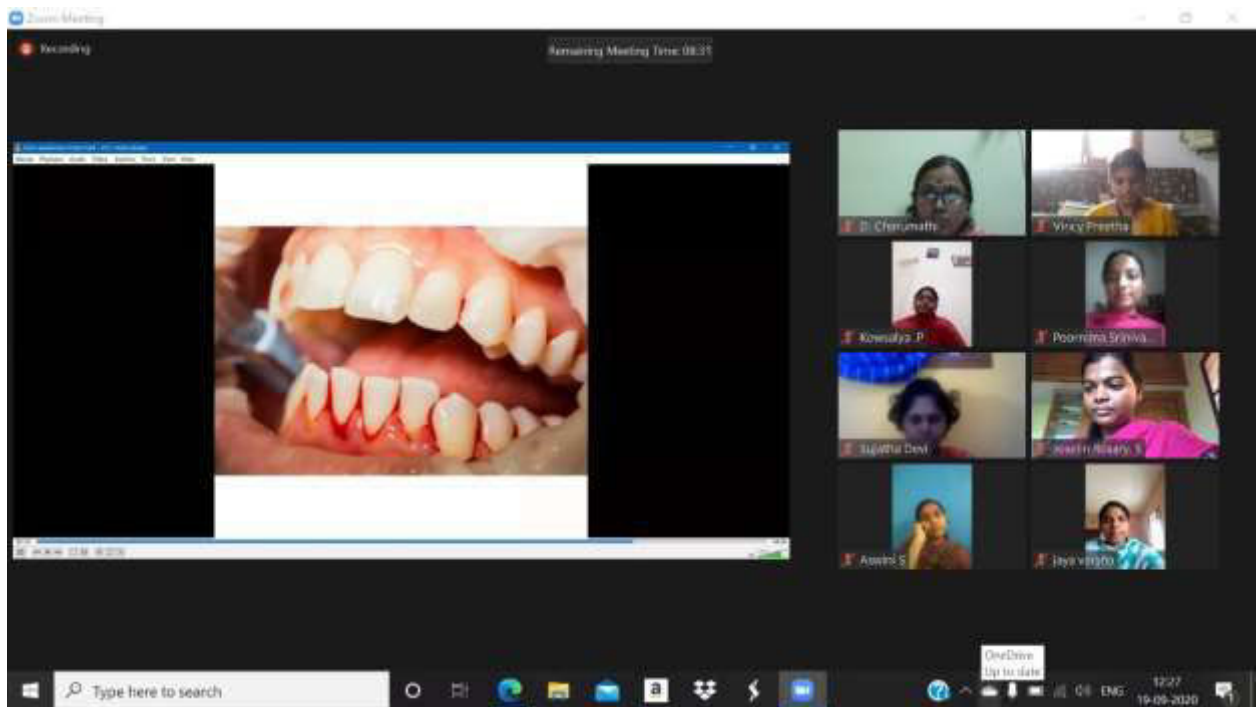


In Trivia Picture quiz three rounds of picture quiz on topics of rare conditions, suturing techniques and periodontal instruments were projected respectively with 5 seconds to

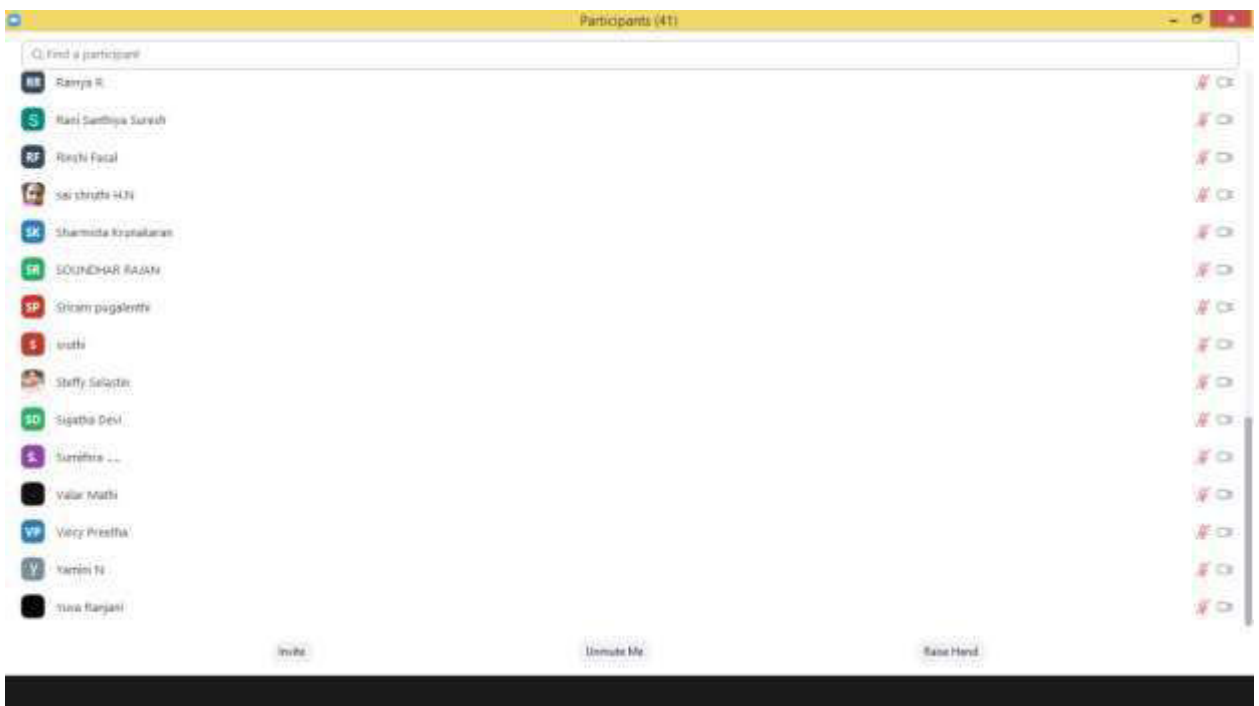
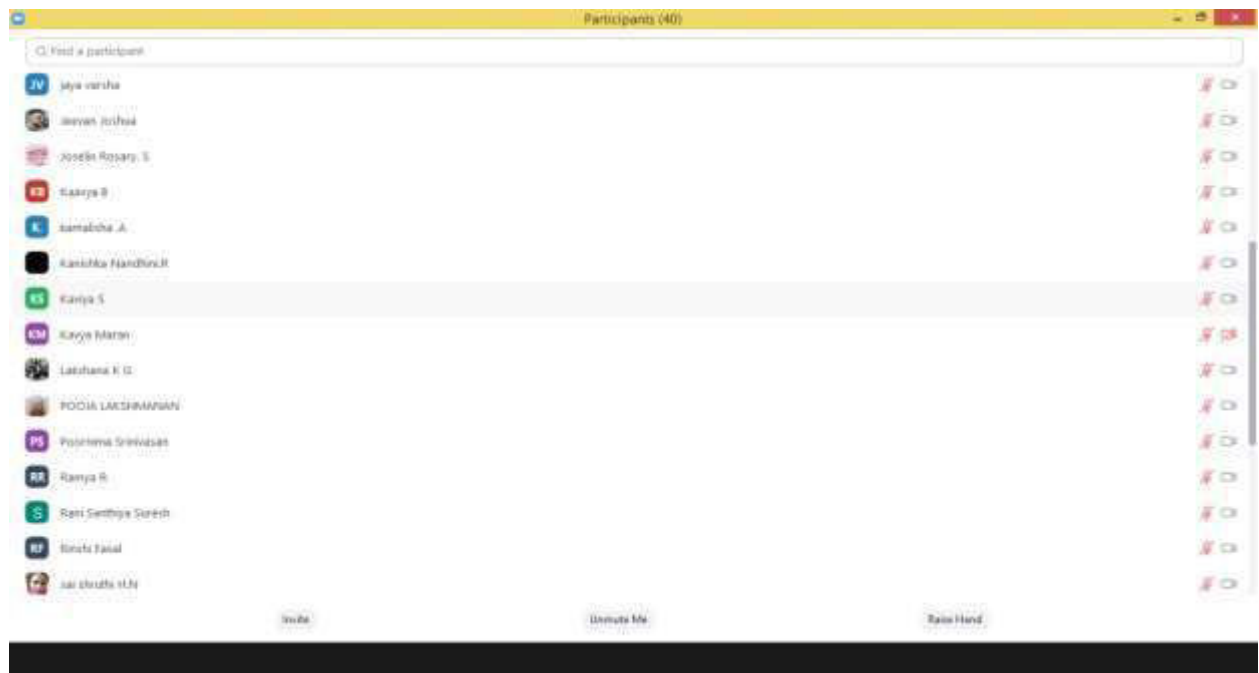
guess the picture, if not the question was passed as an open to all. It was an insightful game which teased the brain of the participants with questions on osmoscope, periotron, perioaid, perioscope, continuous sling suture, hereditary gingival fibromatosis, pocket marker & many more.



Our special events came to an end with the last but not the least a video on Gum Awareness video, dealing with basic general information about what gums are, why do we develop gingival bleeding, how to prevent it, a general info of gingivitis, & symptoms they need to look out for & when to visit a dentist. Both the video & gum disease awareness poster were sent via mail to all the participants of the questionnaire.



PARTICIPANTS LIST:



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD MENTAL HEALTH DAY 2020

DATE: 20.09.2020	NO. OF STUDENTS: 41
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict	ORGANISING AGENCY: C BATCH FINAL YEARS (CDCRI)

SPECIAL EVENT REPORT

WORLD MENTAL HEALTH DAY

20nd SEPTEMBER, 2020

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1.	Introduction

2.	Events
2.1	Paper presentation
2.2	Poster presentation
2.3	Word war and dentalwood
2.4	Brain master and tic tac toe
2.5	Spot me
3.	Videos
3.1	Video on people's perspective on mental health
3.2	Video on What is mental health
3.3	Spark media

3.4	Do's and Dont's to relieve stress
3.5	Interactive session
3.6	Meditation
3.7	Mental health and immunity
4.	Logos
5.	Conclusion
6.	Appendix: List of participants

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1. INTRODUCTION:

World Mental health day: The theme for Mental Health Day 2020 is Move for mental health: Increased investment in mental health. The world mental health

day is observed on October 10th of every year. **World Mental Health Day** (10 October) is an [international day](#) for global [mental health](#) education, [awareness](#) and advocacy against [social stigma](#). It was first celebrated in 1992 at the initiative of the [World Federation for Mental Health](#), a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual [awareness program](#) to bring attention to mental illness and its major effects on peoples' lives worldwide. In some countries this day is part of an awareness week, such as [Mental Health Week](#) in Australia.

World Mental Health Day was celebrated for the first time on October 10, 1992 at the initiative of Deputy Secretary General Richard Hunter. Up until 1994, the day had no specific theme other than general promoting mental health advocacy and educating the public.

In 1994 World Mental Health Day was celebrated with a theme for the first time at the suggestion of then Secretary General Eugene Brody. The theme was **“Improving the Quality of Mental Health Services throughout the World.”**

World Mental Health Day is supported by [WHO](#) through raising awareness on mental health issues using its strong relationships with the Ministries of health and civil society organizations across the globe. WHO also supports with developing technical and communication material.

Factors affecting mental health

Good mental health is more than just the absence of mental illness. It can be seen as a state of mental health that allows one to flourish and fully enjoy life.

Everyone experiences down times in life. The ability to cope with negative experiences varies greatly from one person to another and, in large part, determines whether people enjoy their lives.

Some of the factors that affect the mental health of youth are as follows:

- Self-esteem

This is the value we place on ourselves, our positive self-image and sense of self-worth. People with high self-esteem generally have a positive outlook and are satisfied with themselves most of the time.

- Feeling loved

Children who feel loved, trusted and accepted by their parents and others are far more likely to have good self-esteem. They are also more likely to feel comfortable, safe and secure, and are better able to communicate and develop positive relationships with others.

- Confidence

Youth should be encouraged to discover their own unique qualities and have the confidence to face challenges and take risks. Young people who are brought up to have confidence in themselves are more likely to have a positive attitude, and to lead happy and productive lives.

- Family breakup or loss

Separation or divorce or the loss of a parent or sibling is extremely painful. Finding ways to cope and adjust to the changes wrought by these events is critical for everyone, but particularly for youth. How grief is handled can affect young people negatively for years to come. If children are having difficulty coping, professional help is recommended.

- Difficult behaviour

When people are unhappy, they either internalize their unhappiness or act out. The latter usually appears as bad or difficult behaviour, such as using abusive language, being aggressive or violent, damaging property, stealing, lying, refusing to comply with requests or expectations at school or home, or displaying other inappropriate actions. If such behaviour is serious and persistent, the young person and his or her family might require professional help.

- Physical ill health

Diseases, injuries and other physical problems often contribute to poor mental health and sometimes mental illness. Some physical causes (such as birth trauma, brain injury or drug abuse) can directly affect brain chemistry and contribute to mental illness. More commonly, poor physical health can affect self-esteem and people's ability to meet their goals, which leads to unhappiness or even depression. In such cases, receiving the best possible treatment for both the physical problem and the resulting psychological consequences is key to optimal recovery to good mental health.

- Abuse

The mental health of abused children is at great risk. Abused children are more likely to experience mental disorders or mental illness during childhood and into adulthood.

Abuse may be physical, sexual, psychological or verbal. It may not always be evident or easily recognized. Regardless of the form it takes, abuse cannot be tolerated. Children need to be protected from abuse and helped to overcome its negative effects. Abuse can cause feelings of low self-esteem, lack of self-

confidence, depression, isolation and anger—all feelings that impair a child's chance to lead a happy life.

Trust in others and feelings of being safe and cared for are key components to recovery from abuse. Few children are able to recover on their own. Support is critical, and professional counselling is sometimes required. If abuse is discovered early, the chances of a child returning to a healthy state of mind and avoiding serious mental disorders are greatly enhanced.

Ishwerya M, a final year student gave an introduction for the same followed by the events.

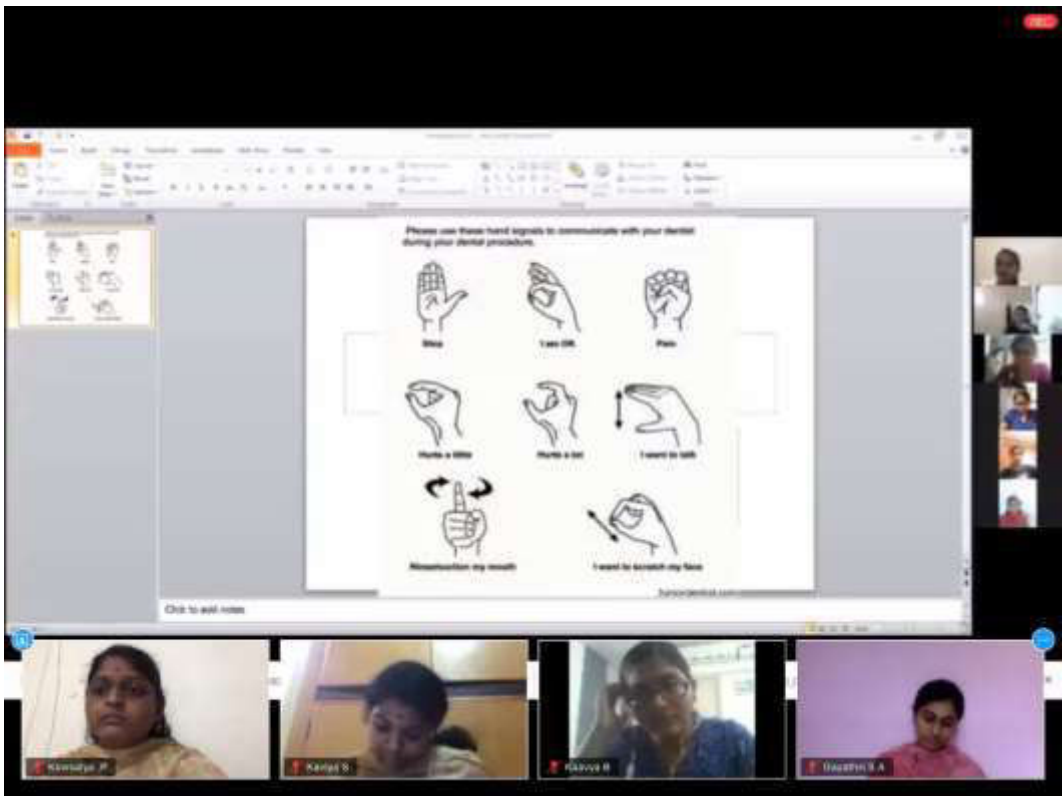
2. EVENTS:

In order to bring awareness about the event and to enable the young and budding dentists to be concerned about the well being of Our Mental Health we, the Final year students of C batch posted in the Department of Public Health Dentistry, came up with a few events on account of the World Earth Day. The events were conducted on 20th September, 2020 in the online class via the Zoom app from 10AM to 11:15AM and continued from 12:15PM to 02:15PM. The faculty members, house surgeons and the final years posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

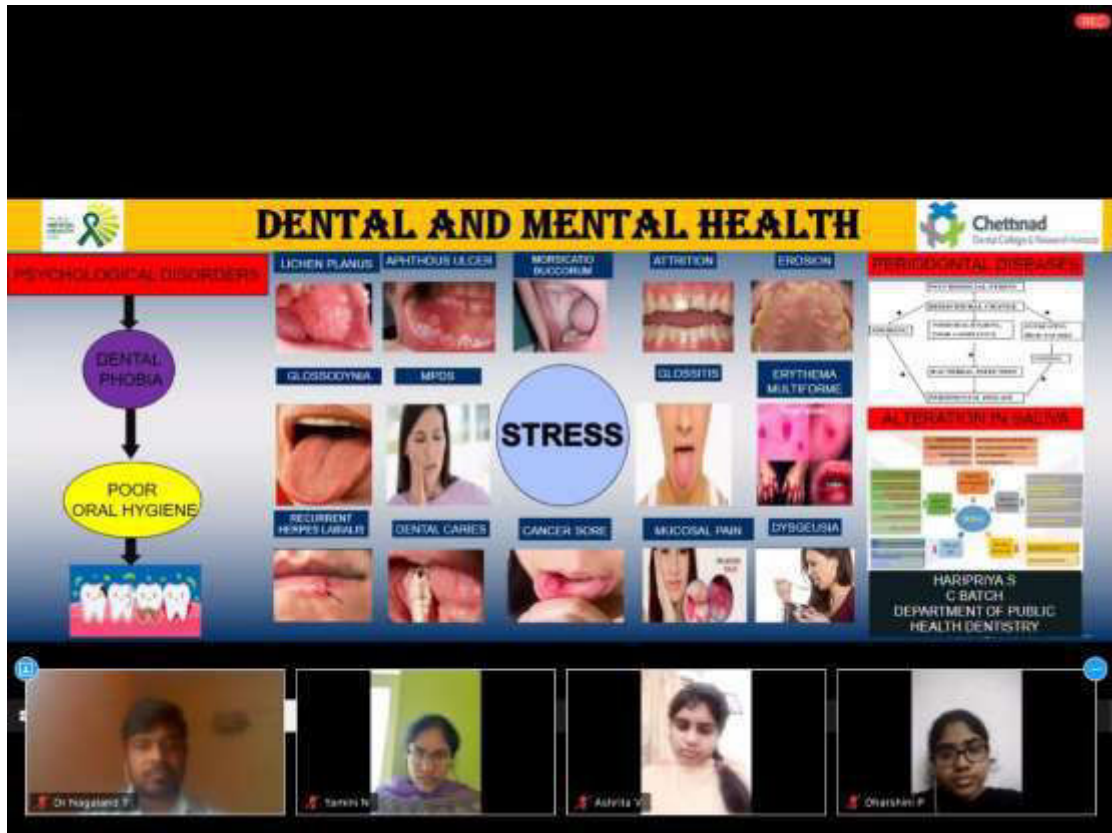
- Paper presentation
- Poster presentation
- Word war and Dentalwood
- Memory master and Tic tac toe
- Spot me

**2.1 Survey presentation on the topic ‘Dental fear and anxiety’ by
Haripriya S, Kaavya B and Lakshana KG followed by an interactive video**



2.2 A) Poster presentation on the topic 'Dental and mental health' by Haripriya S

This was a poster designed to create awareness on the changes that occur in the oral cavity due to stress



2.3 B) A poster presentation by Gokul S on the topic 'Mind Management'



2.4 Word war and Dentalwood game was conducted by Iswariya S and



2.5 Memory master and Tic-tac-toe game was conducted by Joselin Rosary S and Kaviya S

The screenshot shows a Zoom meeting window with a PowerPoint presentation. The slide displays a diagram with three blue boxes: 'STRESS' at the top, 'MEDITATION' at the bottom left, and 'POSITIVE ATTITUDE' at the bottom right. Lines connect 'MEDITATION' to 'STRESS' with the text 'Meditation beats stress.'; 'STRESS' to 'POSITIVE ATTITUDE' with 'Stress beats positive attitude.'; and 'POSITIVE ATTITUDE' to 'MEDITATION' with 'Positive attitude beats meditation.' The Zoom interface includes a top menu bar, a 'PROTECTED VIEW' warning, a slide navigation pane on the left, and a video gallery at the bottom showing four participants: D. Charusathi, Poojamma Srikrishnan, Kavya S, and Dr. Nagelarsu T.

2.6

The screenshot shows a Zoom meeting window with a grid of 20 small images displayed in the center. The images include various scenes such as a couple, a sunset, a flower, a person, a landscape, and a movie poster for 'BAD BOY'. The Zoom interface includes a top notification 'Kavya Maran joined', a video gallery at the bottom showing four participants: Dr. Jagannatha GV, POOJA LAKSHMANAN, Chithralini Prasanth, and Kavya Nandini H.

2.7 Spot me was conducted by Kowsalya P and Lakshana KG

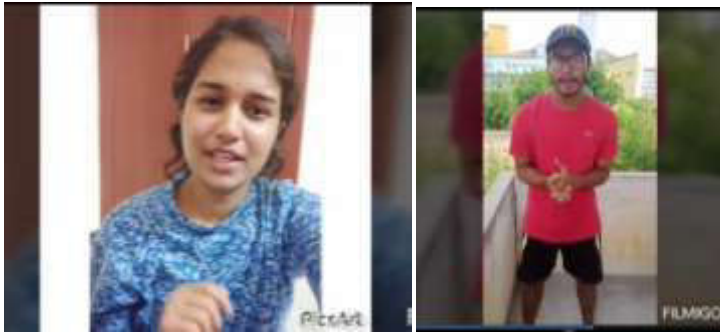
In this activity, a topic based word grid was given and the participants are given 30 seconds to find the 5 words hidden in the grid.

3. VIDEOS:

3.1 A video on people perspective of the word ‘Mental Health’ by Iswariya S.

In this video we come across the possible different ways in which people of different age group interpret the word Mental Health.

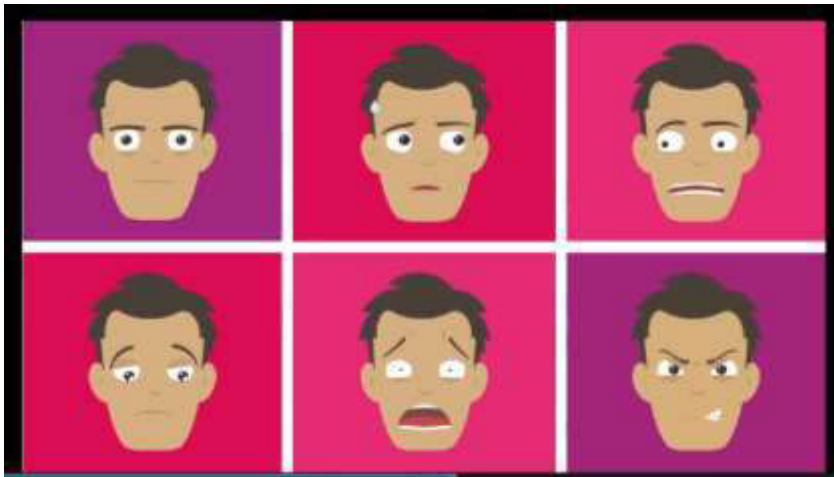
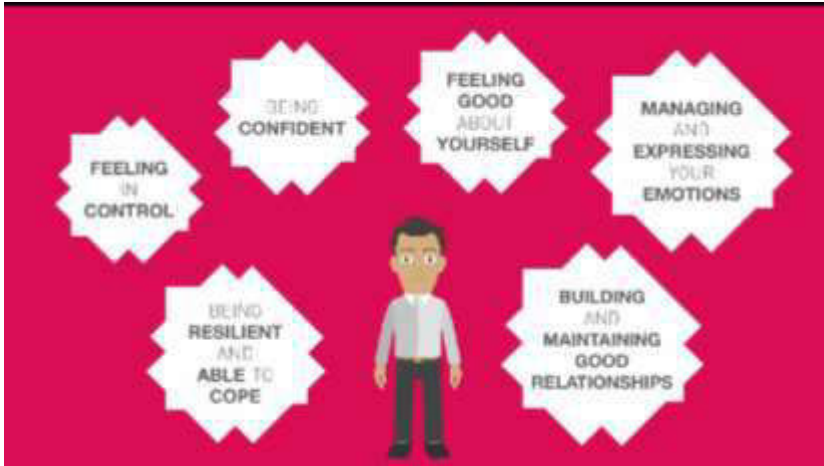




3.2 A short video on what is mental health by Ishwerya M

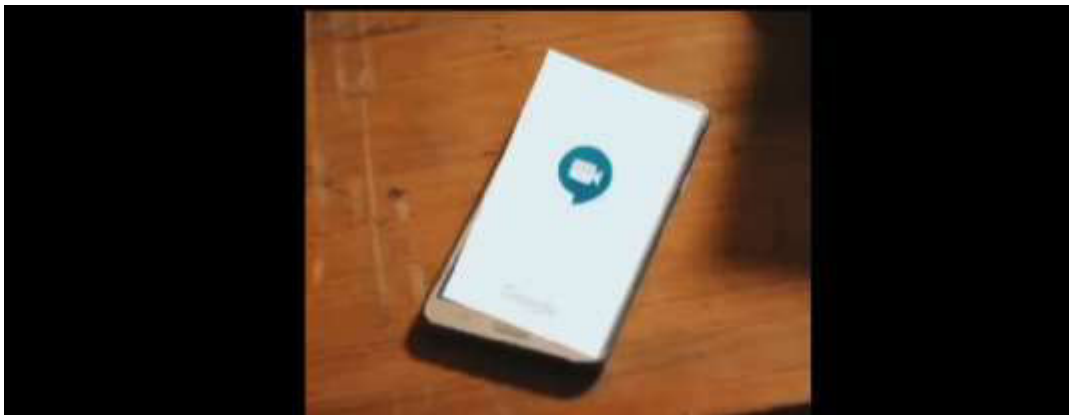
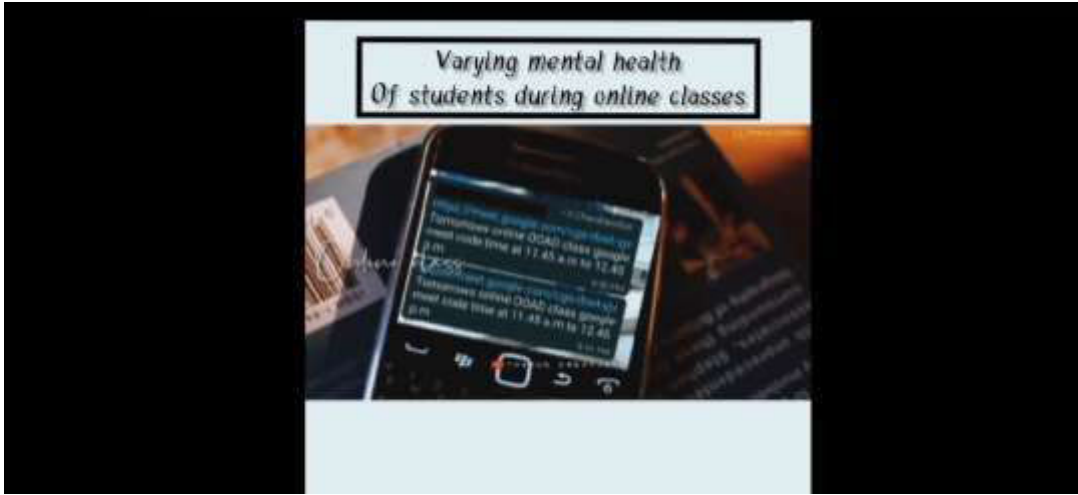
In this video we see what mental health actually is!





3.3 Meme video on types of people in online class Kavya Priyartharshini

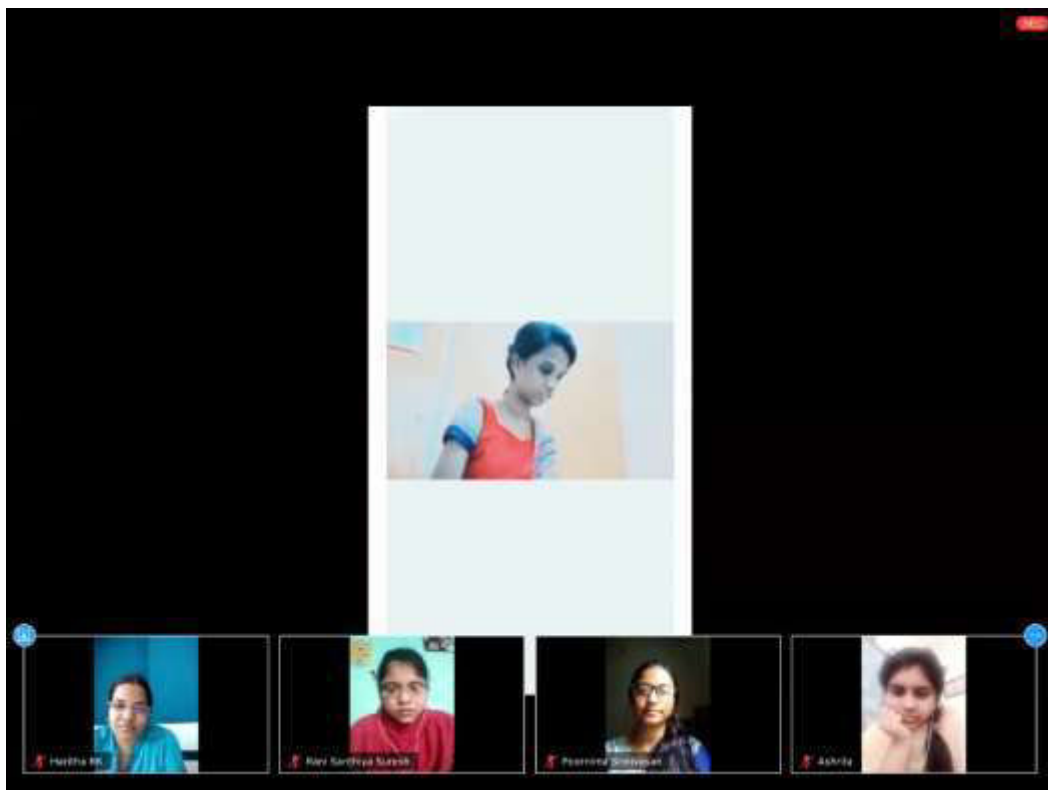
This is a hilarious meme video made on the mentality of students attending online classes in this lockdown



3.4 Do's and Dont's to relieve stress video by Kavya Priyadharshini and Jayavarsha AS

In this video we the students of C batch have acted and shot a video on how to and how not to relieve the stress we face in our daily lives.

These are some common activities we do daily to get relieved from stress out of which some are really good and some are not advisable.





A Zoom meeting interface for a session titled "CLEANING". The main video feed shows a woman in a red top cleaning a window. Below the main feed are four smaller video feeds of participants. The names of the participants are visible at the bottom of their respective feeds.

CLEANING

Participants: Karmadik P., Kalya S., Josephine Wazary S., Anurag K.



A Zoom meeting interface for a session titled "POET WRITING". The main video feed shows a hand writing on a piece of paper. Below the main feed are four smaller video feeds of participants. The names of the participants are visible at the bottom of their respective feeds.

POET WRITING

Participants: Sushma Devi, Dharsini P., Divyanshwar J., SA. Divya Dharsini



3.5A) Interaction with school going students video by Joselin Rosary S and Kaviya S

In this video Kaviya S and Joselin Rosary have a friendly interaction about mental health with school students via the zoom app. This session was recorded in the same app with the consent of all the participants. The students were allowed to talk freely about the stress they face in the school life which was mostly due to exam pressure.

After hearing to their problems simple and super good solutions are suggested to the students by kaviya and joselin on the live zoom session.

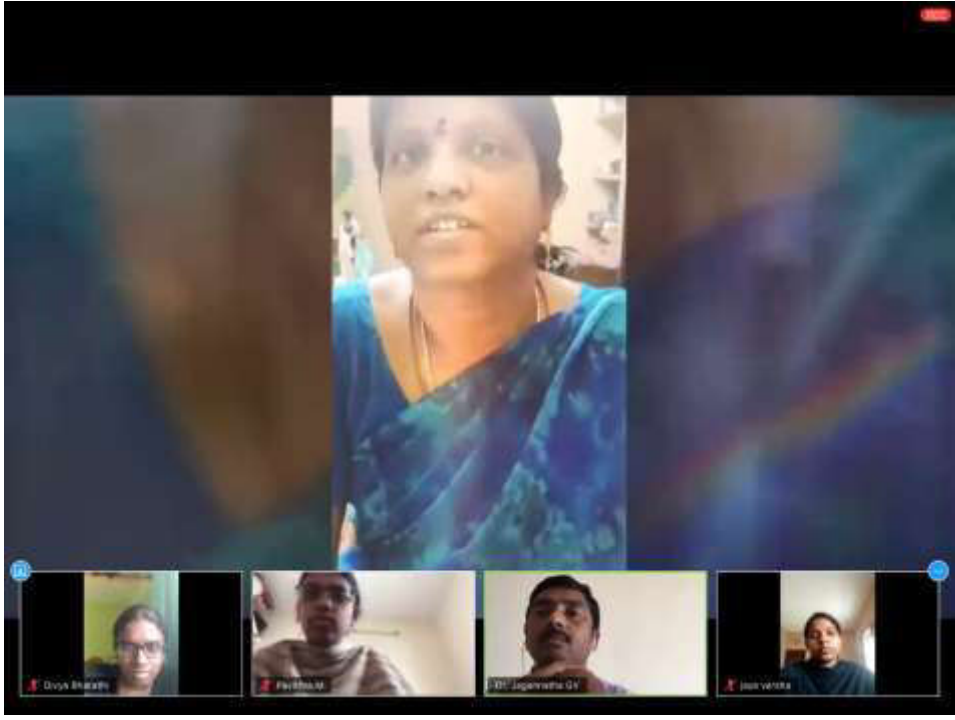


3.6B) A short video on parents feedback after the interactive session by Kanishka Nandhini

Before taking this video all the parents of the students of C batch were given a 10 minute guided meditation for 5 days.

This video is a compilation of all the genuine reviews of each of our parents after attending our session daily for 5 days. The main intention of this video is that it is better to begin from our own house.

This session was recorded after getting consent of our parents.











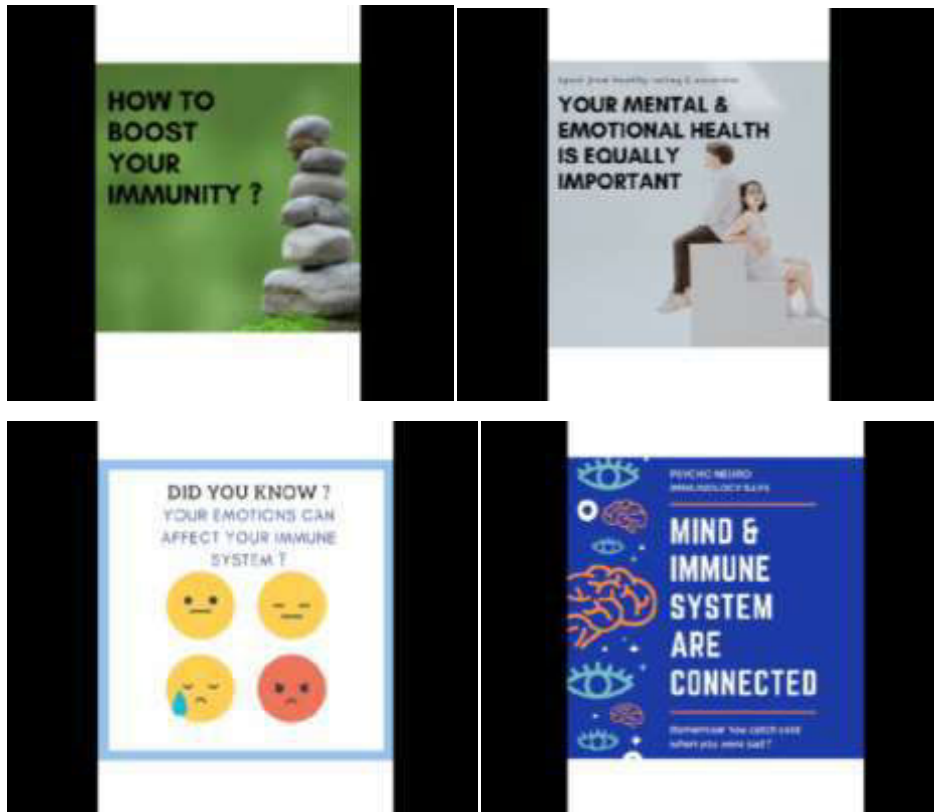
3.7 Meditation of C batch by Ishwerya M and Kamalisha A

“Practice what you preach” is the main notion behind this video as this video is a compilation of a 10 minute guided meditation done by the C batch students of Final year for 5 days at 7 AM



3.8A short video on Immunity and mental health by Gokul S and Kavya Priyadharshini

This video was made to show the connecting link between mental health and immunity



4 LOGO:

Logo designing and presentation by Ishwerya M and Jayavarsha AS

This logo was designed on the basis of how to maintain a good mental health.

Here is an animated version of a happy brain which is being safely held by our very own hands. There is a band of scribbles in the logo which signifies the troubles we face in our daily life.



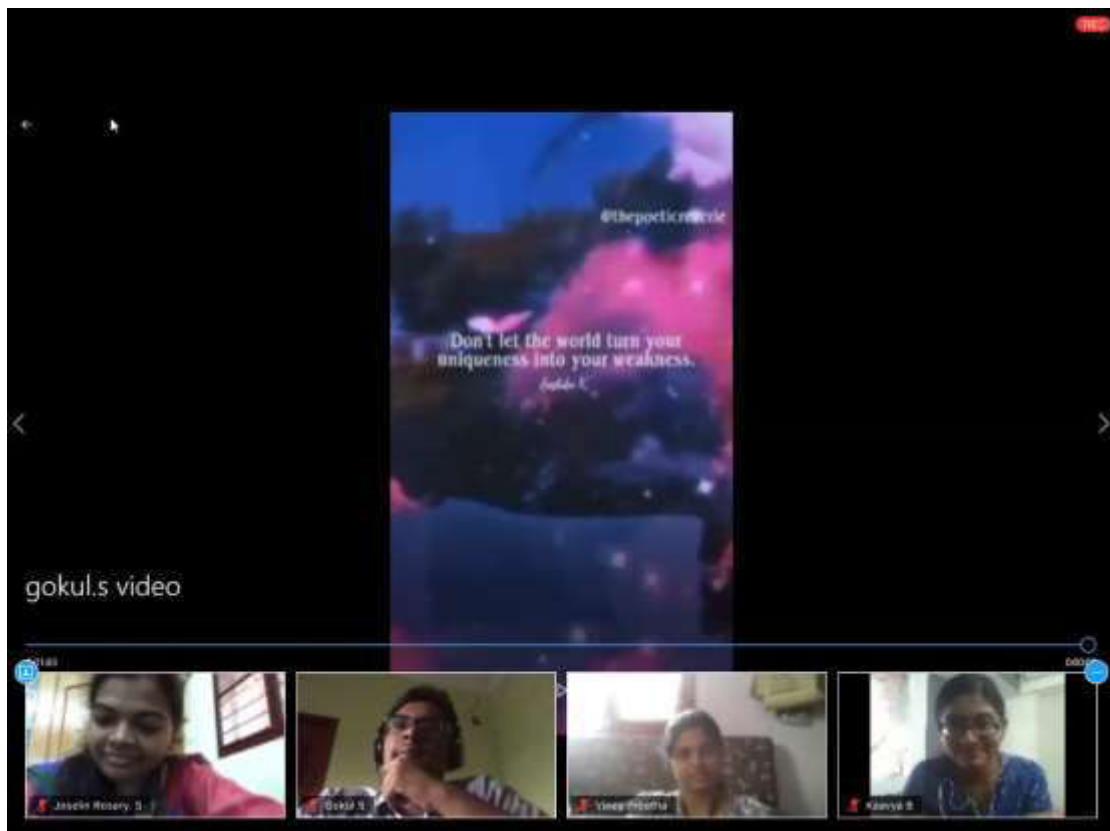
5 CONCLUSION

We concluded the event by emphasizing on the fact that MENTAL HEALTH IS VERY IMPORTANT. It is our duty to keep our mind clear, by protecting it from the band of scribbles without letting it affect our mental peace.

Lockdown which is a once in a lifetime opportunity to sit down and take time to analyze oneself and utilize it to improve the mental health in all possible ways to lead a life filled with joy and success forever!

There was an active participation from the Post graduate students, house surgeons and final year students for all the activities which made the event a great success.

We thank the staff members for giving us an opportunity to explore and proceed with the various out-of-the-box options to make the online sessions engaging for the participants and the hosts of the event.



6. APPENDIX – LIST OF PARTICIPANTS

Staffs: Dr. Jagannatha GV

Dr. Nagaland
Dr. Nagappan
Dr. Cyril Benedict

Post Graduate students: Dr, Vincy preetha
Dr. Sujatha devi
Dr. Charumathi

Interns:

1. Haritha RK
2. Pooja Lakshmanan
3. Poornima Srinivasan
4. Ramya R
5. Rani Santhiya Suresh
6. Rizvi Chouhan
7. Sai Shruthi HN
8. Soundar Rajan
9. Sumithra
10. Yamini N

Final year students:

1. Abigna Reddy
2. Anu Dharshini S
3. Anusha Naidu
4. Ashrita V
5. Buvaneshwari J
6. Chithaluru Pranathi
7. Dharshini P
8. Divya Bharathi K
9. Divya Dharshini R
10. Gokul S
11. Haripriya S
12. Ishwerya M
13. Iswariya S
14. Jayavarsha AS
15. Joselin Rosary S
16. Kaavya B
17. Kamalisha A
18. Kanishka Nandhini R
19. Kaviya S
20. Kavya Priyadharshini S
21. Kowsalya P
22. Lakshana KG
23. Nandini N
24. Pavithra G
25. Pavithra M
26. Priyadharshini A
27. Raksha R
28. Srivishnu J

Participants (41)		
KM	Kavya Maran	
N	Nandini N.	
	Pavithra G	
	POOJA LAKSHMANAN	
PS	Poornima Srinivasan	
	Priyadharshini A.	
R	Raksha RAMKUMAR	
RS	Ramya R	
Invite		

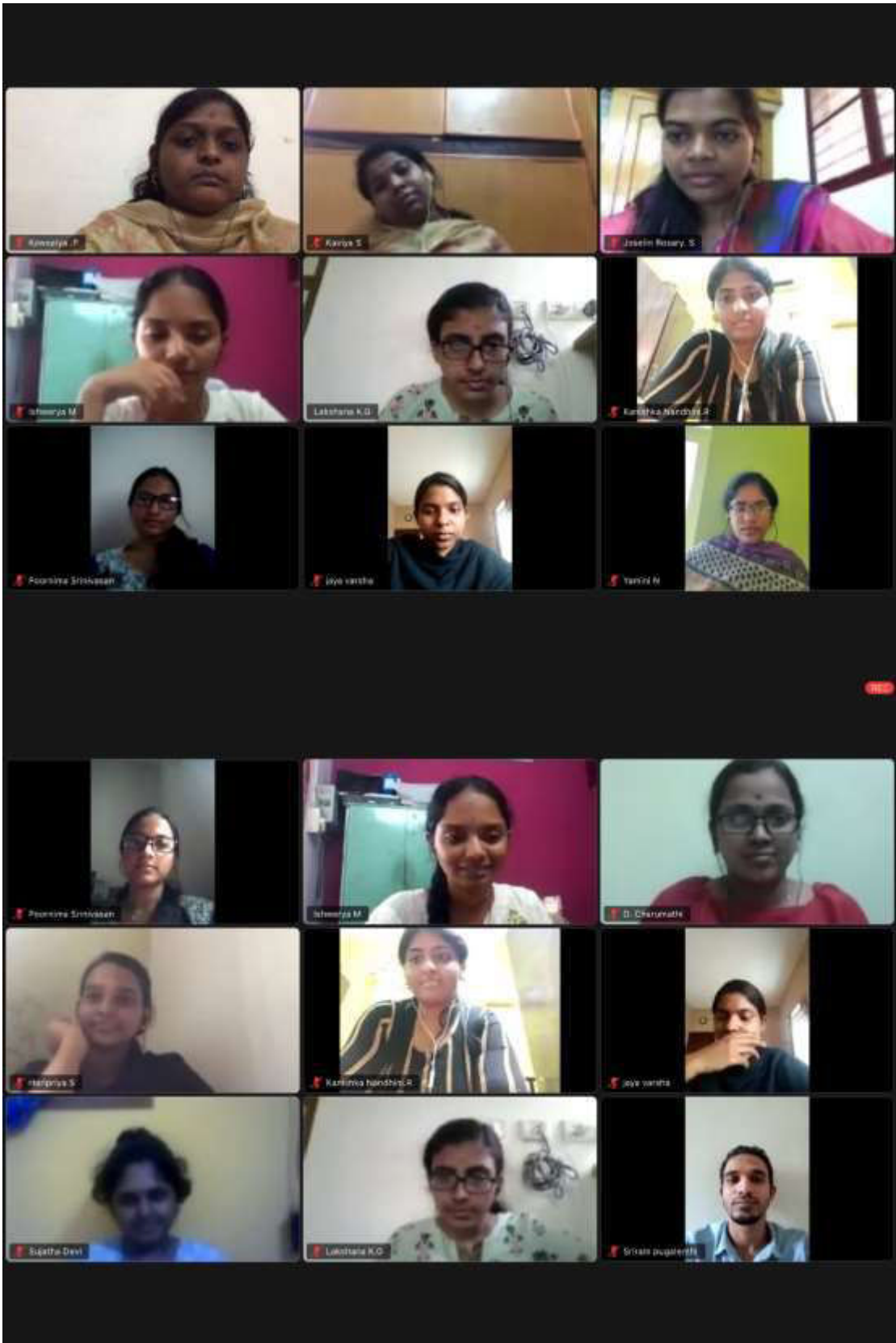
Participants (41)		
K	Kowsalya .P (me)	
	Lakshana K.G (Host)	
DJ	Dr. Jagannatha GV	
	Dr Nagaland T	
	24.Divya Dharshini	
	Abigna Reddy	
	Anudharshini Sekar	
	Anusha Naidu	
Invite		

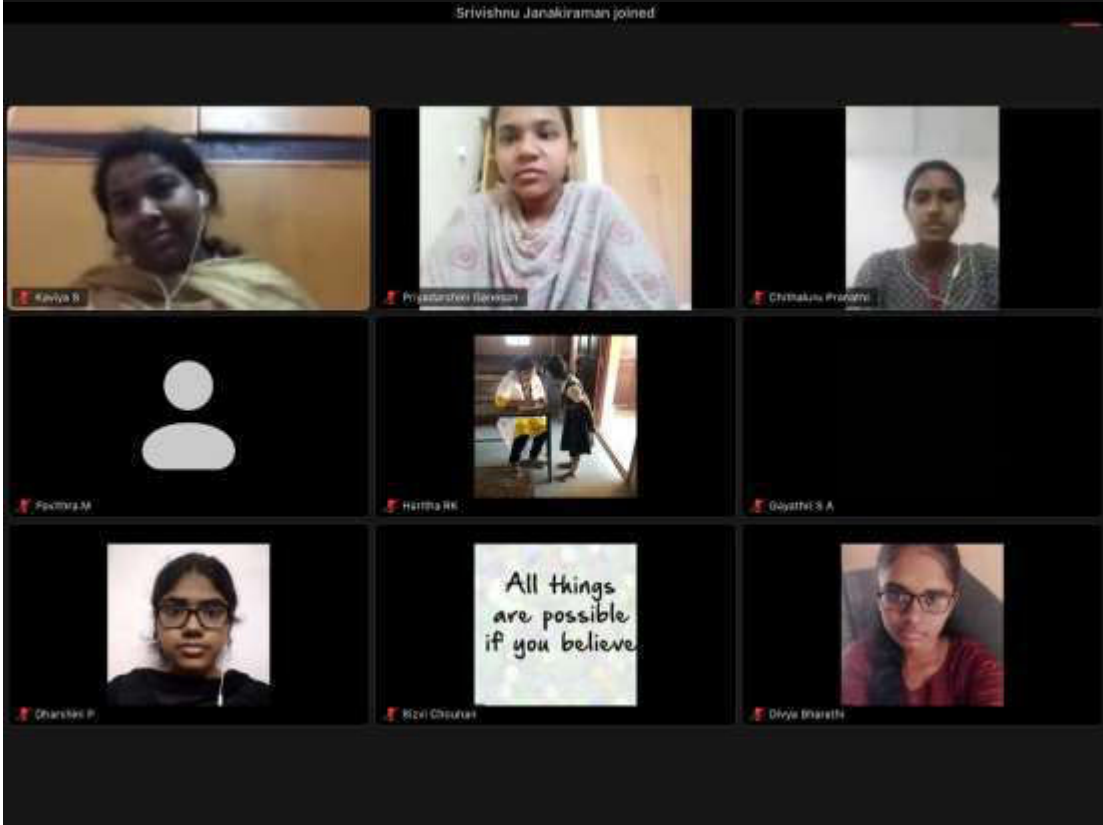
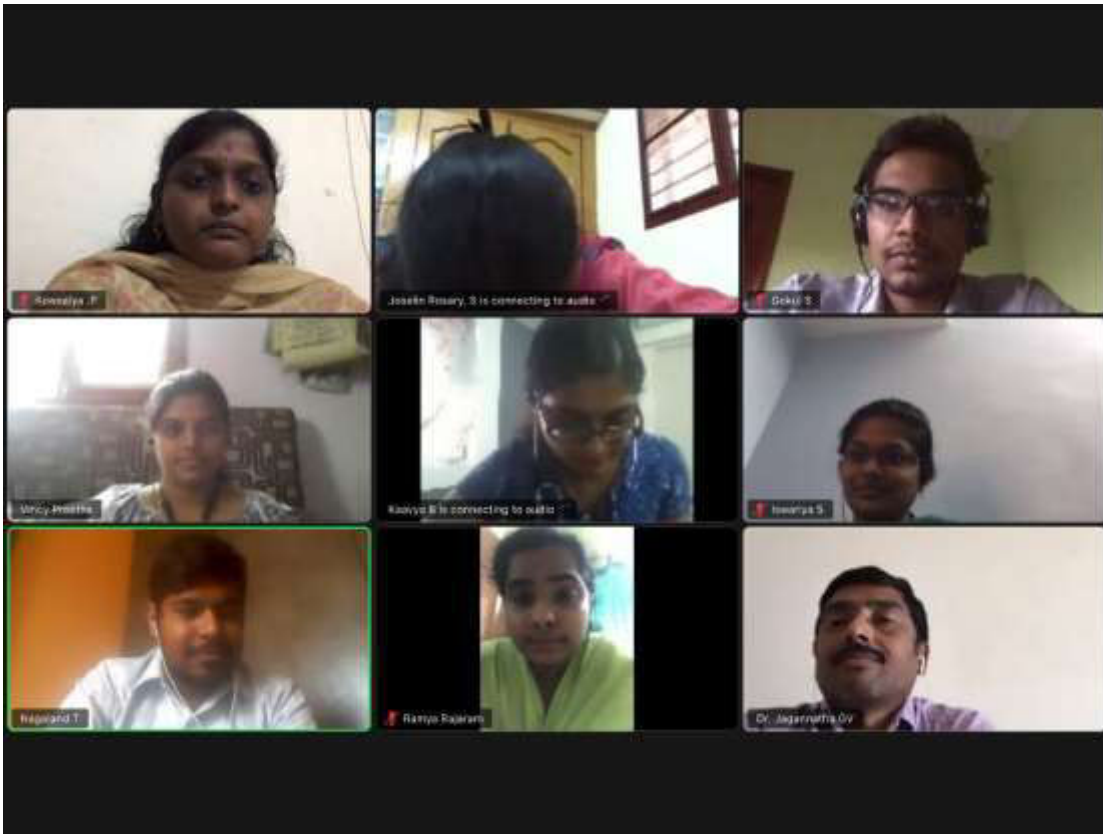
Participants (41)		
A	Ashritha	
B	Buvaneshwari.J	
P	Chithaluru Pranathi	
DC	D. Charumathi	
	Dharshini P.	
	Divya Bharathi	
	Gokul S.	
H	Haripriya S	
Invite		

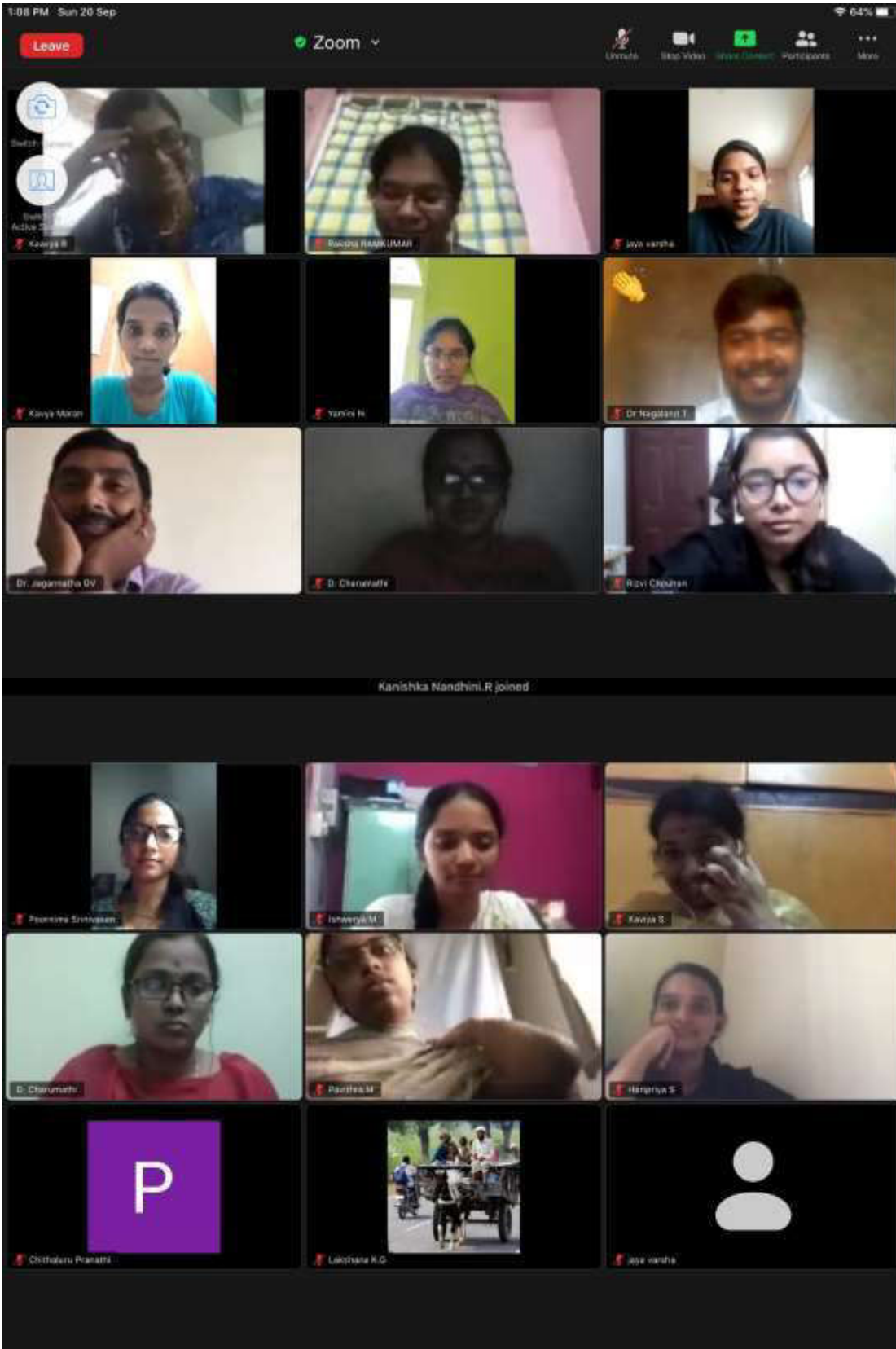
Participants (41)		
	Rizvi Chouhan	
	sai shruthi H.N	
SR	SOUNDHAR RAJAN	
	Srivishnu Janakiraman	
SD	Sujatha Devi	
S	Sumithra	
VP	Vincy Preetha	
Y	Yamini N	
Invite		

Participants (41)		
	Haritha RK	
	Ishwerya M	
IS	Iswariya S.	
JV	jaya varsha	
JR	Joselin Rosary. S	
KB	Kaavya B	
	Kanishka Nandhini.R	
KS	Kaviya S	
Invite		

Participants (41)		
S	Rani Santhiya Suresh	
	Rizvi Chouhan	
	sai shruthi H.N	
SR	SOUNDHAR RAJAN	
	Srivishnu Janakiraman	
SD	Sujatha Devi	
S	Sumithra	
VP	Vincy Preetha	
Invite		



























Leave

Zoom

- Unmute
- Stop Video
- Show Chat
- Participants
- More

 Switch Camera  Switch to Active Speaker  Rani Santhya Suresh	 Samitha	 Dhanesh P
 Sriram pugaleetti	 Kavya Moran	 Gokul S
 Sujatha Devi	 Di Nagappan N	 Sridevya Janakramani
 Dhishaluru Praveethi	 POOJA LAKSHMANAN	 Pavithra D
 Rameya R	 Haritha Sri	 Sowanya S
 Gokul S	 Divya Dharath	 sai shruthi H.N

Dharshini P joined



1:08 PM Sun 20 Sep

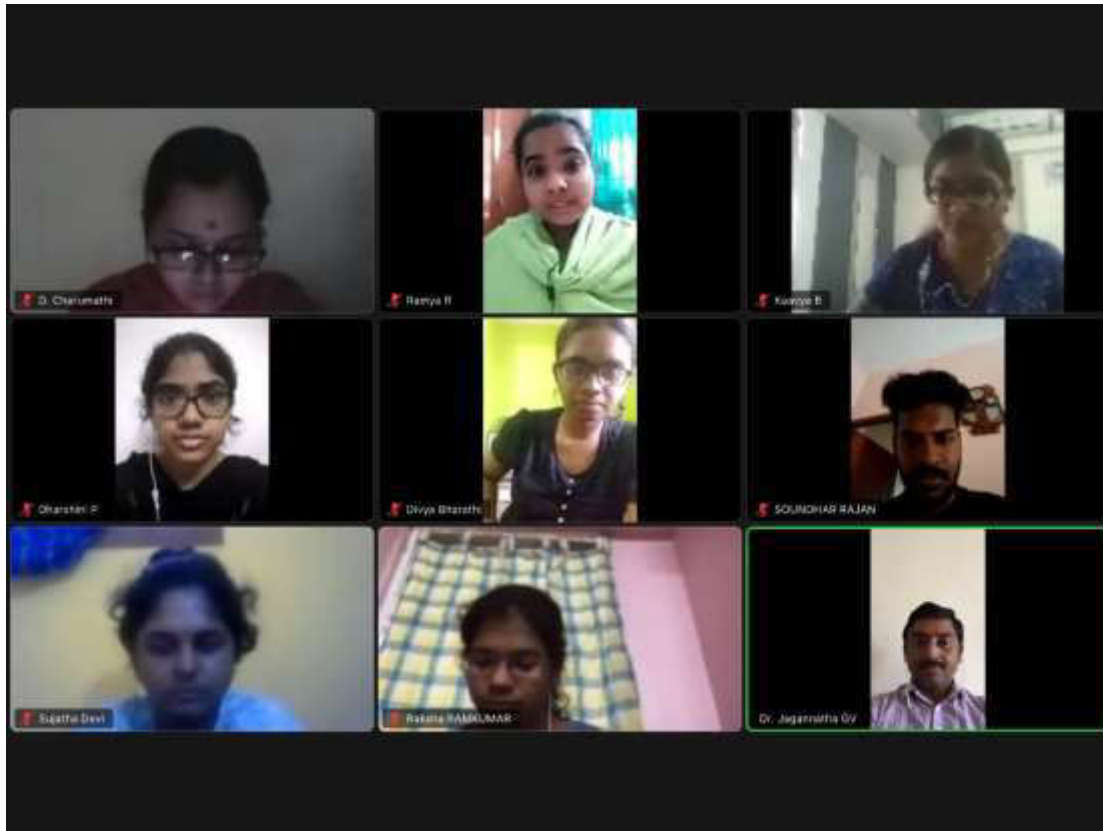
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Zoom

Unmute Stop Video Share Screen Participants More





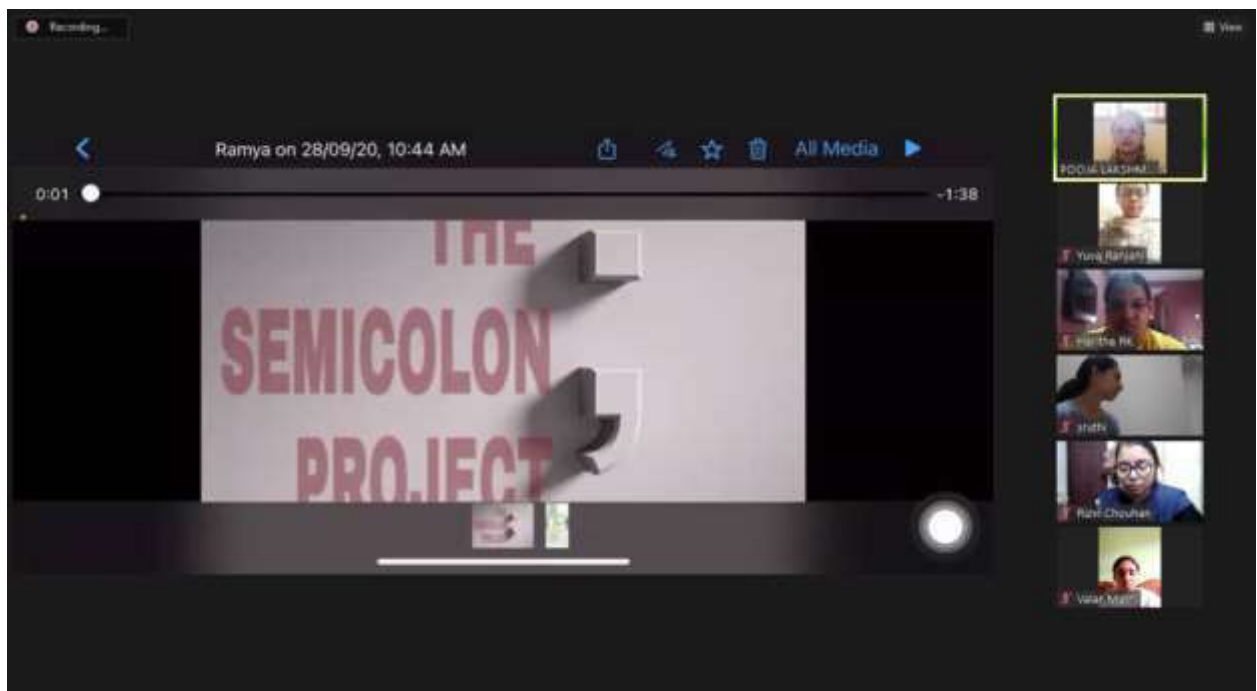
NATIONAL SUICIDE PREVENTION MONTH
SEPTEMBER 2020

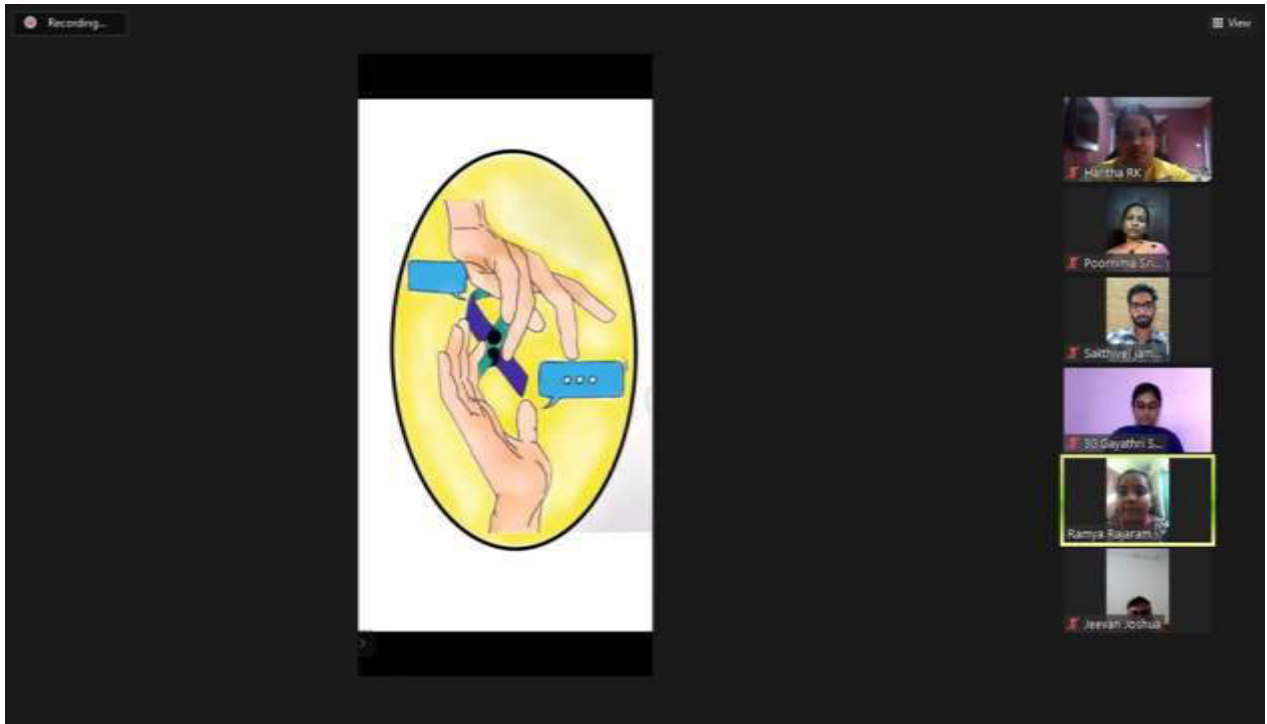
DATE: 28.9.2020,30.09.2020	ORGANISING BATCH: J BATCH INTERNS
FACULTIES PRESENT: DR JAGANNATHA DR NAGAPPAN DR NAGALAND DR CYRIL BENEDICT	NUMBER OF INTERNS PRESENT: 24
NUMBER OF STUDENTS PRESENT: 20	VENUE: E-event

SUMMARY

A special event on **NATIONAL SUICIDE PREVENTION MONTH** was organised to enlighten people about one of the tabooed topics that we often fail to communicate about. It started with a small introduction and logo presentation

followed by an e-survey presentation highlighting the myths surrounding suicide in people’s minds. There was a video presentation on the semicolon project which was based on an Instagram handle “SEMICOLON”-indicating that life has to move on. Also there were a few games designed to illustrate the various coping strategies that are usually used to distract and calm the minds in times of extreme stress. An Instagram based e-photography and art contest was conducted among the general public on the topics HOPE and SEMICOLON to imbibe positive thoughts and a video of a virtual human chain was done indicating that professional help is always available in times of need.





A screenshot of a Zoom meeting displaying a Google Forms survey titled "NATIONAL SUICIDE PREVENTION". The survey has 141 responses. The first question is "1. People who threaten to commit suicide are just seeking attention." with a pie chart showing 68% (blue) and 32% (orange). The second question is "2. People who threaten to commit suicide are just seeking attention." with a pie chart showing 68.1% (blue) and 31.9% (orange). The third question is "3. All young people with suicidal thoughts are depressed." with 141 responses. The right sidebar shows participants: Malachyathi, SO Gayathri S..., Rishi Fasal, Rizvi Orouhan, 22 Chithalur..., and 28 Divya Dha... The bottom toolbar includes options like Mute, Stop Video, Participants (41), Chat, Share Screen, Pause/Stop Recording, Reactions, and Leave.





#suicidepreventionmonth



133 likes

lakshaa_paten "Think outside the box" 🌈👉!!
#suicidepreventionmonth @phd_chettinad... more



phd_chettinad



Liked by ranisanthiya_suresh and 29 others

phd_chettinad Online contest for celebration suicide prevention month - 2020.... more

September 22



phd_chettinad



phd_chettinad



my story isn't over



Liked by lakshaa_paten and 59 others

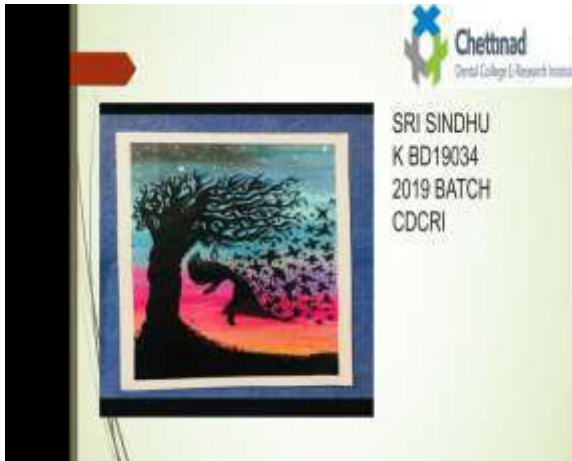
phd_chettinad The semicolon project - ... more

September 25

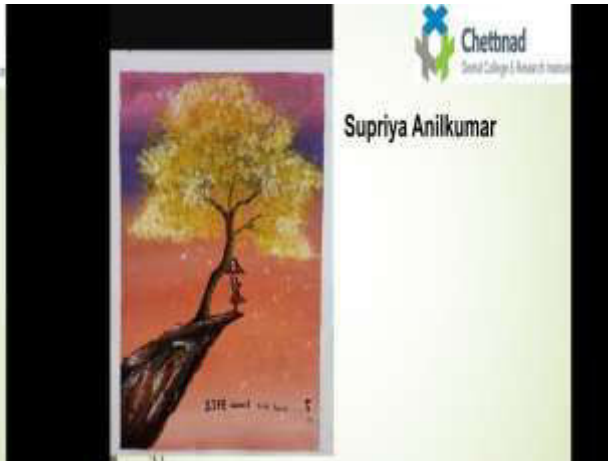


Liked by lakshaa_paten and 59 others

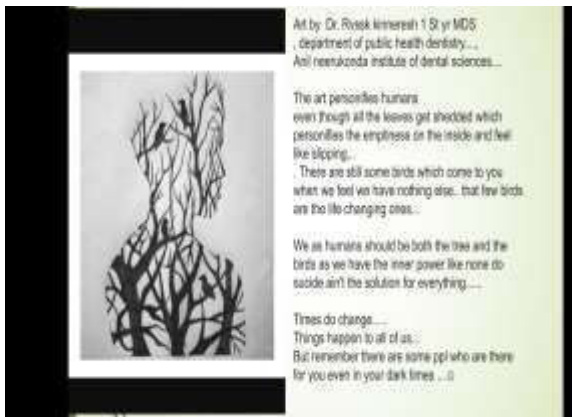
phd_chettinad The semicolon project - ... more



SRI SINDHU
K BD19034
2019 BATCH
CDCRI



Supriya Anilkumar



Art by Dr. Roshik Imreesh 1 St yr MDS
department of public health dentistry...
Ani reenkooda institute of dental sciences...

The art perceives humans even though all the leaves get shredded which personifies the emptiness on the inside and feel like slipping...
There are still some birds which come to you when we feel we have nothing else... that few birds are the life changing ones...
We as humans should be both the tree and the birds as we have the inner power like none do so do we aren't the solution for everything...
Times do change...
Things happen to all of us...
But remember there are some ppl who are there for you even in your dark times... :)



Madhumitha B - 1st year
Chettinad dental college



2025/05/25 09:59:00 AM



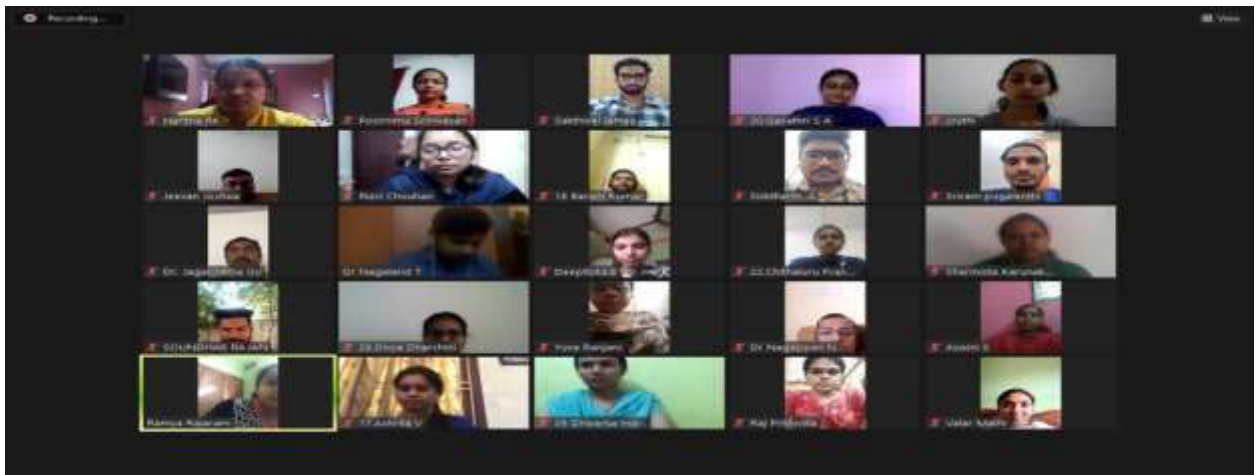
I hope I can do it I hope I can achieve it, I hope I'll tackle my hurdles I hope for the good in me to bring out the best in me.



2025/05/25 09:59:00 AM



Nature finds its way...so do you hold on... Pain ends
Dr Wincy Praetha, PG, department of Public Health dentistry



Participants (40)

- Find a participant
- Rishi Focai
- Rishi Chohan
- sa shrafi H.N
- Saithwal James
- Shahana Fatima
- Sharmista Karunakaran
- Siddharth A.
- SOUNDHAR RAJAN
- Sriram pugalethi
- sruithi
- stefly Selasin
- Sumittra ...
- Valar Matti
- Yamini N.
- jyuganti darai

Invite

Participants (40)

- Find a participant
- Anisha RK (M)
- Isha Rajani (H)
- Dr. Jagannatha GV
- Dr. Nagaland T
- AJayita V
- 18 Karthi Kesar
- Dr. Chithambaram Prakash
- Dr. Chandani P
- Dr. Diya Chandan
- Dr. Gayatri N
- Dr. Gayatri SA
- Aashi S
- Jenicy Joseph Raj
- Swarnashree Jayant
- Dakshin D

Invite

Participants (40)

- Find a participant
- Dhivyash
- Dhwani ma
- Diya Bharathi
- Dr. Nagappan N
- Dr. Jagannatha GV
- Aashvi Joshi
- POOJA LAKSHMANAM
- Poojima Srinivasan
- Raj Prithika
- Rajni Rajaraj
- Rani Santhya Suresh
- Rishi Focai
- Rishi Chohan
- sa shrafi H.N
- Saithwal James

Invite



WORLD ROSE DAY- WELFARE FOR CANCER PATIENTS

SEPTEMBER 22nd, 2020

DATE: 30.09.2020	ORGANISING BATCH: L BATCH INTERNS
FACULTIES PRESENT: DR NAGAPPAN DR. CYRIL BENEDICT	NUMBER OF INTERNS PRESENT:25
NUMBER OF STUDENTS PARTICIPATED:25	VENUE: E-Event

THEME FOR THE WORLD ROSE DAY

“ ITS NOT JUST YOU, ITS US ”

Today, most people with cancer are treated in the outpatient setting – they don't have to stay in the hospital. During this time they often need help, support, and encouragement.

Many studies have found that cancer survivors with strong emotional support tend to better adjust to the changes cancer brings to their lives, have a more positive outlook, and often report a better quality of life. Research has shown that people with cancer need support from friends. You can make a big difference in the life of someone with cancer.

Friends of people with cancer often want to help, but don't know what to do.

As we spend time with our friend and learn more about how cancer is affecting their everyday life, keep our eyes open for other things we can offer. See how our friend responds to different activities, and know that the situation may change as treatment goes on. Tailoring our help to what they need and enjoy most is the best way to be a friend. The motive of this event is to spread love and support to the cancer patients and survivors. Let's join hands and support our warriors.

EVENTS

In order to provide awareness about this day and to render our great support to our cancer survivors, we planned something events which is motivating and also a way of our support to the warriors .We celebrated this event on 30th September from 11.30 am to 4 pm. The faculty members, house surgeons and PGs posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

1. Logo n badge
- 2.Game - Find me in four, Glance and frame
- 3.Patient video - Dentube
4. poster presentation on Move away from cancer
- 5.Motivational video by cancer survivors and quotea video by interns
- 6.Quotes contest

1. LOGO AND BADGE BY SHAHANA FATHIMA



WELFARE OF CANCER PATIENTS
SEPTEMBER 22, 2020

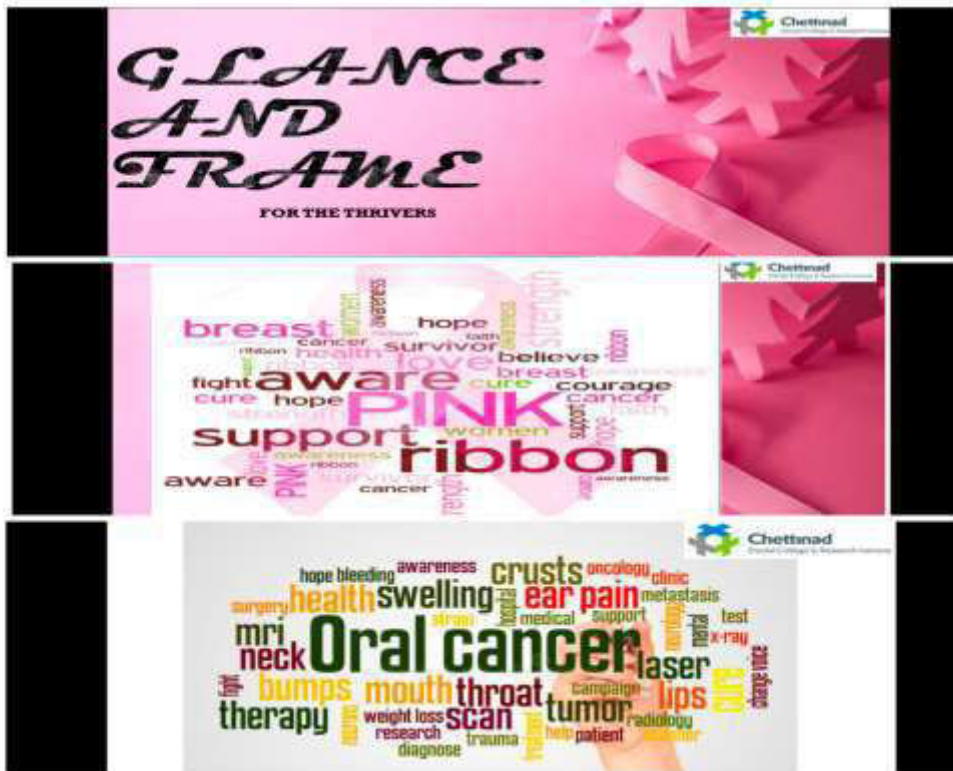
DEPARTMENT OF PUBLIC HEALTH DENTISTRY
& SUPER SPECIALITY

DEPARTMENT OF PUBLIC HEALTH DENTISTRY
& SUPER SPECIALITY



2) FIND ME IN FOUR AND GLANCE AND FRAME BY RANISANTHIYA. S AND POORNIMA. S






3. DENTUBE - PUBLIC VIDEO:



4. POSTER PRESENTATIO ON MOVE AWAY FROM CANCER.


 Chettnad
University of Health Sciences

MOVE away from cancer

There is strong evidence that higher levels of physical activity are linked to lower risk of several types of cancer

PERKS OF PHYSICAL ACTIVITIES

- Destroys cancer cells
- Prevents cancer spread
- Keeps immunity in check
- Reduces adverse events related to cancer treatment.
- Enhances curative effects of cancer treatment
- Increased survival rate post treatment



PHYSICAL ACTIVITY

REPRODUCTIVE HORMONES

METABOLIC HORMONES

INFLAMMATION

IMMUNE FUNCTION

CANCER PREVENTION


● Aerobic/Combined/High Intensity Activities
● Aerobic/Combined/High Intensity Activities

ADULTS

150 to 300 minutes of moderate-intensity aerobic activity, 75 to 100 minutes of vigorous aerobic activity, or an equivalent combination of each intensity each week.

CHILDREN AND ADOLESCENTS

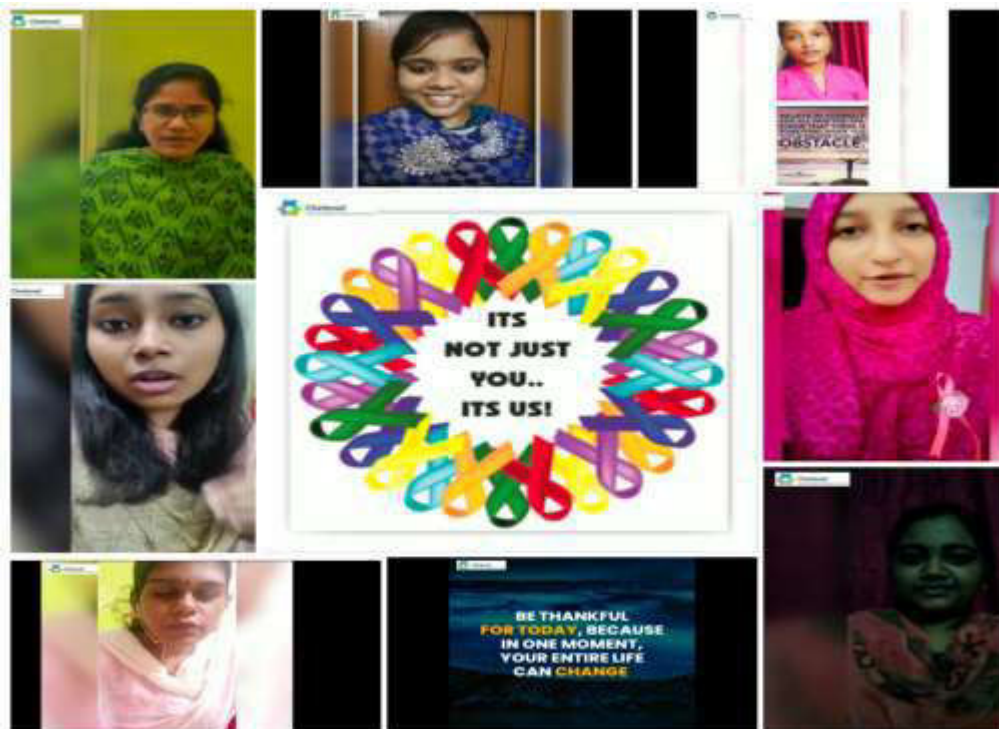
Should engage in at least 1 hour of moderate- or vigorous-intensity activity each day.



Wang Q, Zhu W. Roles and molecular mechanisms of physical exercise in cancer prevention and treatment. *Journal of Sport and Health Science*. 2020 Jul 30.

G. Jeevan Joshua, CRI
Department of Public health dentistry, CDCRI

5. QUOTES VIDEO



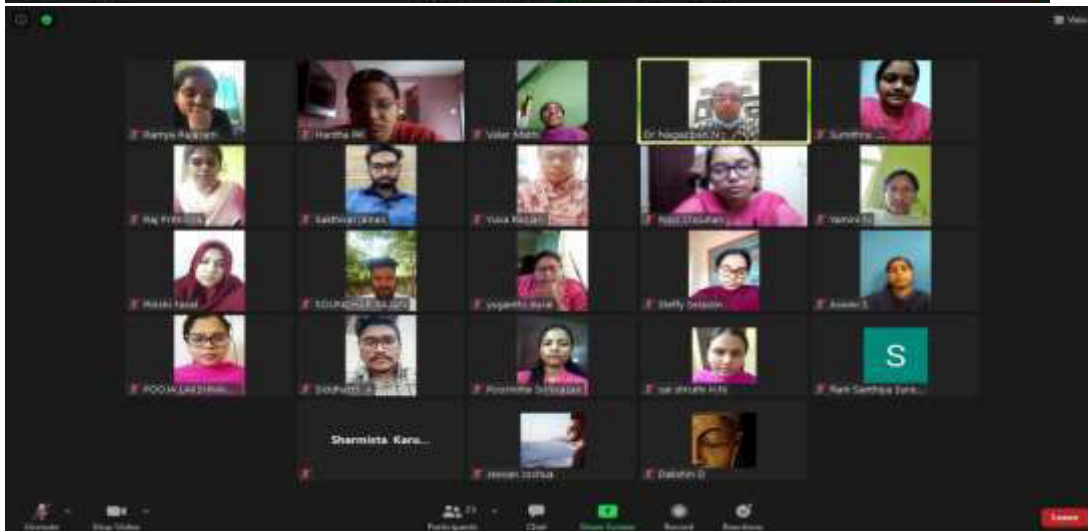
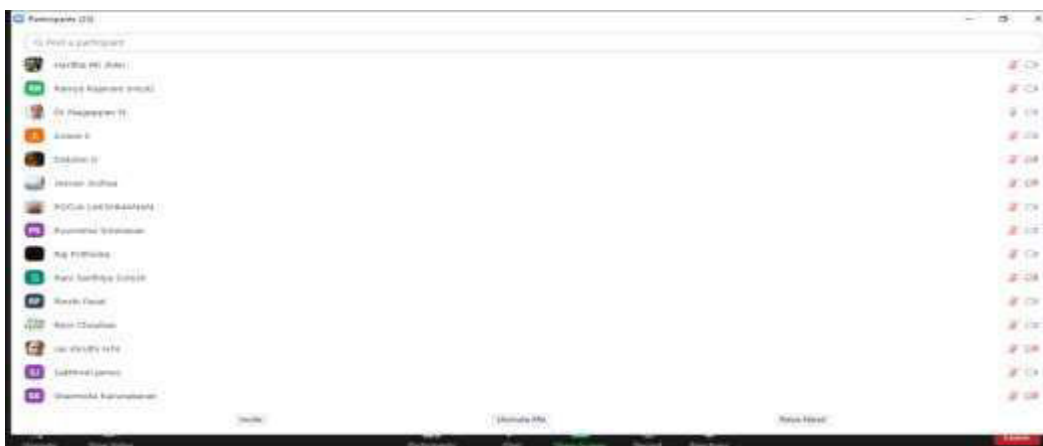
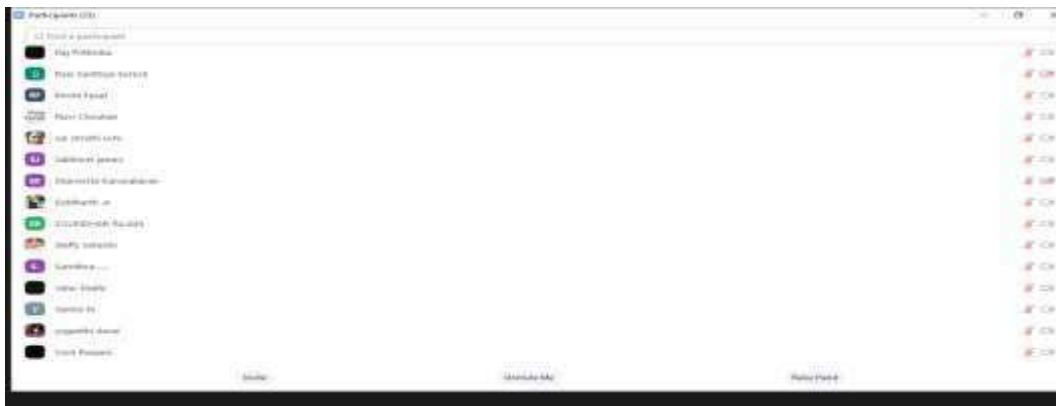
6. MOTIVATIONAL VIDEO BY CANCER SURVIVORS by POORNIMA

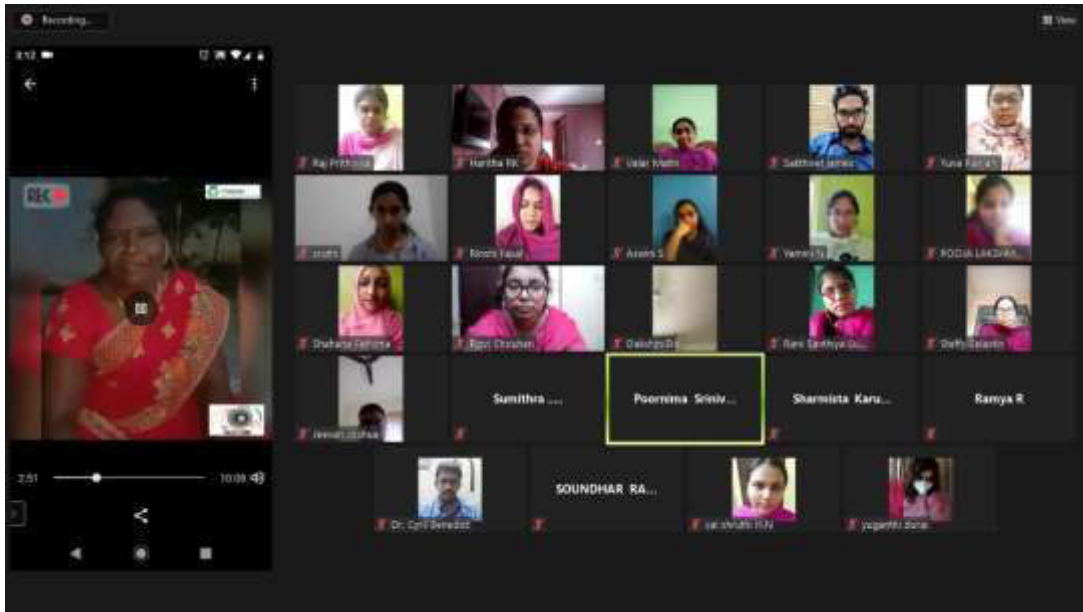


7. QUOTES CONTEST :

As a part of this event, we conducted an online contest for slogans, quotes and poems in both Tamil and English on the theme " ITS NOT JUST YOU, ITS US " & " HOPE".







DEPARTMENT OF PUBLIC HEALTH DENTISTRY

THE INTERNATIONAL WEEK OF THE DEAF



Date:11-10-2020

Batch:E batch,Final year BDS

Event conducted in: Online for dentist's

ITINERARY OF EVENTS

04-10-2020:Selection of "The international week of the deaf"

06-10-2020: Logo designed

Allotment of works among batchmates

07-10-2020:Ppt presentation and posters done

Games and memes done.

Pre-Event preparation images:



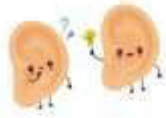
Why "The international week of the deaf?"

The International Week of the Deaf is celebrated through various activities by Deaf Communities all around the world. These activities and events welcome the participation of all members of deaf communities, which include families of deaf people, professional and accredited sign language interpreters, peers, as well as the involvement of various stakeholders such as national governments, national and international human rights organizations, and Organisations of Persons with Disabilities.

The theme of the 2020 International Week of the Deaf will be “Reaffirming Deaf People’s Human Rights” This year, we want all stakeholders to unite in endorsement of the need to secure and promote the human rights of deaf people! Affirm your support for full human rights for all deaf people by signing the WFD Charter on Sign Language Rights for All!

LIVE WEBINAR:

- Conducted by Priyadharshini.A,Srinivasa Raghavan,Sahana shree,Raksha.
- The live webinar is mainly conducted for other dental college students.
- The main purpose behind conducting this live webinar is to teach some common sign languages to budding dentists.
- The chief guest,V.R.Mathivannan,Asst professor in NIEPMD gave us an elaborate view about handling deaf patients in dental clinic.
- In this webinar,American sign languages were taught by Priyadharshini.A and OHI video for deaf patients have also been projected.
- <https://drive.google.com/file/d/1v17av2qrgmgsSkTajfVBZIL7WdunmEBT/view?usp=sharing>
- <https://drive.google.com/file/d/16vmlaQtAxMJgzLD7e3UbYAEAr6vODoSC/view?usp=sharing>
- <https://drive.google.com/file/d/10CEDNixRtWc7Cpn7q6vhRF28WuBsWHT/view?usp=sharing>



LIVE WEBINAR
ON OCT '09
THIS FRIDAY
6:00 PM

RESTORING THE VOIDS OF VOICES BY SIGNS

IN PROMOTING THE KNOWLEDGE ON DENTAL CARE
FOR THE DEAF PATIENTS

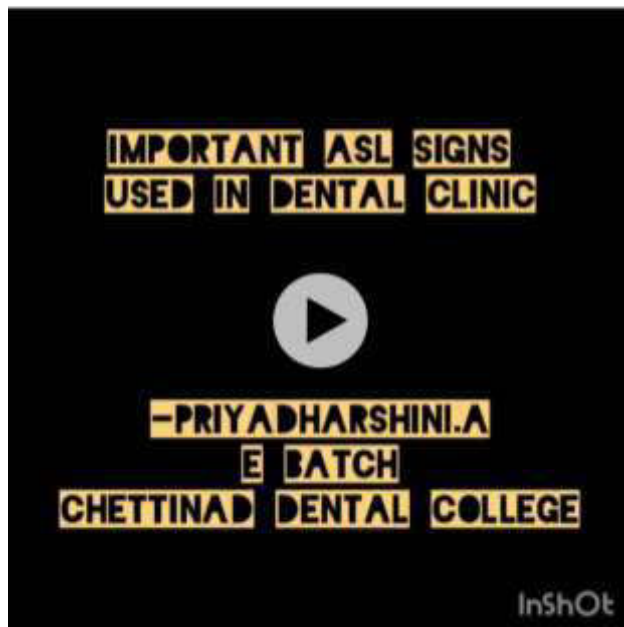
WE THE BATCH E COORDIALLY INVITE YOU ALL
FROM DEPT. OF PUBLIC HEALTH DENTISTRY,
CHETTINAD DENTAL COLLEGE
BY SAHANASHREE, SRINIVASAN,
PRIYADHARSHINI, RAKSHA.



Zoom ID: 802 225 6862
PASSWORD: 1234

#DEAFDHEAR

www.inshot.com



1) SONG

- The song is sung by Savitha, Santhini, Sahana, Srinidhi

- This song is dedicated to all hearing impaired people all over the world.
- Link:https://drive.google.com/file/d/1AnJMP55C6md6_t1DFRhRXQ5I5fm0Q75G/view?usp=drivesdk

2)INTRODUCTION

- 3 Introduction speech was given by Sneha
- 4 A clear explanation about the importance of this week and list of events has been described.
- 5 All the staffs were addressed and welcomed with due respect.



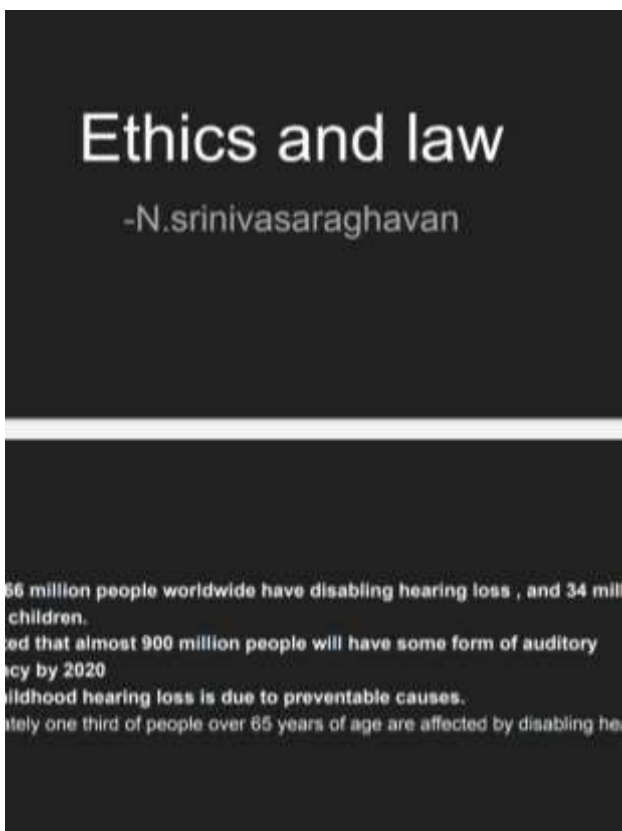
3)LOGO

- These logo is about the wings of deaf people's ear, which flies colourfully with the help of sign languages.
- The logo also included the tooth and the dentistry emblem.
- This logo is designed by Rohith Chandru.K



4) BIOETHICS

- This is a PowerPoint presentation done by Srinivasa Raghavan
- This presentation explains about the law suits and ethical problems we face as a dentists.



Session-2

5)POSTER PRESENTATION

- This poster is done by Priyadharshini.A
- This poster's topic is,"Dental care for hearing impaired patients"
- This poster displays the common sign language chart and the signs which deaf people used to describe their problem.



-

6)GAMES-Sahana,Santhini,Soofiya snober,Srinidhi

-CONNEXIONS

- This is conducted based on the game show "Connexions"
- Mostly,sign languages and medical terms were asked to find out.

-HANGMAN:

- This game goes by guessing the right word based on four clues.
- For every mistake,the hangman is slowly hanged and atleast completely hanged.

-MEMORY GAME

- This game is designed in a way that 5-6 sign languages will play as a video in fast mode
- The participants has to act and show it immediately.

-



7) QUIZPICABLE ME:

- This is a quiz game conducted mainly to assess the knowledge of the participants about deaf people and sign languages.

Session-3

8) INSTA LOGO DESIGN

- Instagram competition conducted and coordinated by Sakthi manimurugan.
- In Instagram, several online competitions like logo designing, poetry writing, slogan writing were conducted among the dental students.



Winners list:

Poetry

- 1.Surya Gayathri 2nd year
- 2.Pravin R 2nd year
- 3.Lakshika Shri 2nd year

Logo designing

- 1.Nowfiya M 2nd year
- 2.Uncy Jenisha 3rd year
- 3.Kavya Priyadarshini Final year

Slogan

- 1.Pooja Ravi 3rd year
- 2.Supriya Sri Lakshmi Final year

9)MEME DISPLAY

- Several meme pictures and videos were created by Savitha.S
- The meme concept was purely based on medical college scenarios and it's purely for fun.
- Link:<https://drive.google.com/file/d/1InbMt6k3Q2gXqjv5Htk4OqvLOMRjgAy1/view?usp=drivesdk>





10)GOOGLE FORM REVIEW

- This questionnaire is compilation of many articles and some extra questions been added
- This questionnaire study conducted by Sirpika.
- This questionnaire is to assess the knowledge of hearing impaired patients among dentists.This is circulated among dentists as a Google form.
- Link:<https://docs.google.com/forms/d/1sk7kbRYnQiJagVyMmLkf3GoM9HmW0kMinaOEFtbwOmo/edit>
- Total responses:61



11)VOTE OF THANKS

- Vote of thanks is given by Srinivasa Raghavan.
- He consolidated all the messages and informations that was said throughout the event.

REPORT SUMMARY:

The E batch students of final year BDS,

1. Priyadharshini.A
2. Raksha
3. Rohit chandru
4. Sahana shree
5. Sakthi mani murugan
6. Santhini
7. Savitha.S
8. Sirpika . A
9. Sneha. S
10. Sonasri

11. Soofiya snober

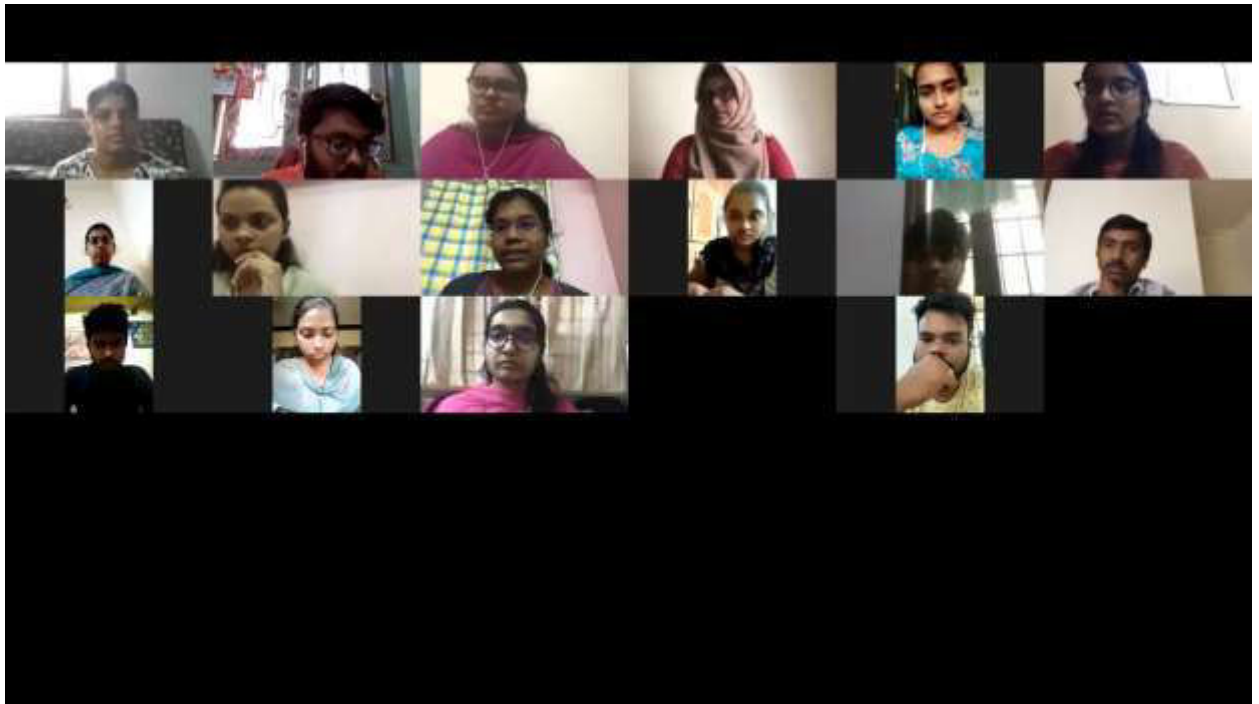
12. Srinidhi. P

13. Srinivasaraghavan

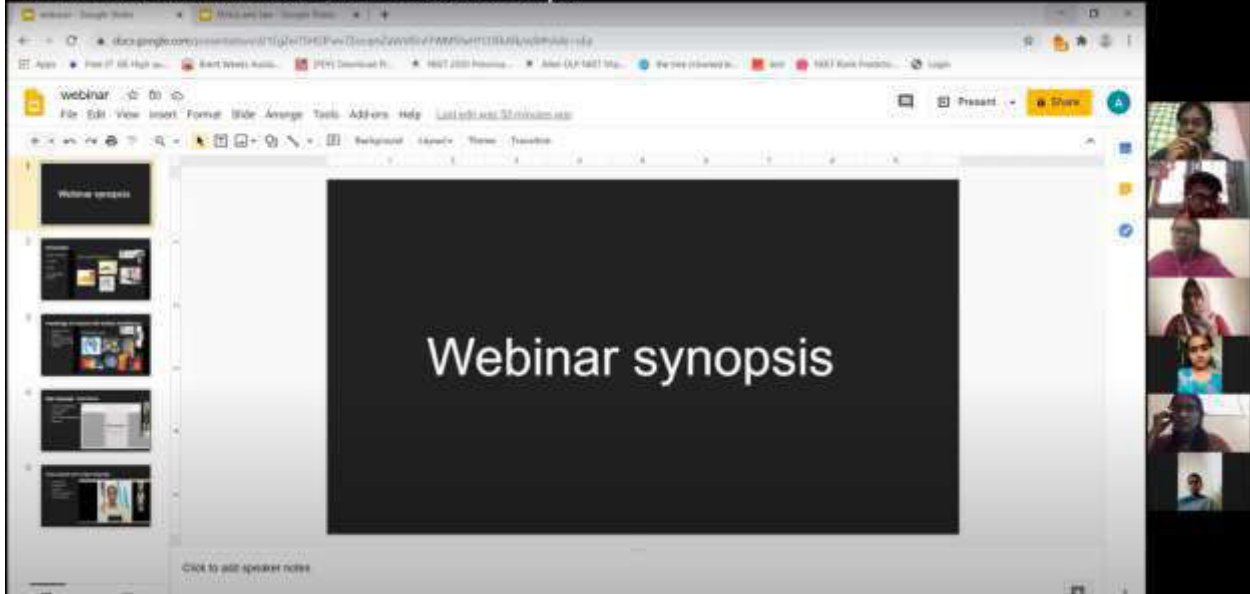
Did an event on "The international week of the deaf" on 11-10-2020 under the supervision of the head of department of Public health dentistry, Dr. Jaganatha. G.V sir.

Photographs:





INTERNATIONAL WEEK OF DEAF - SESSION 1.mp4



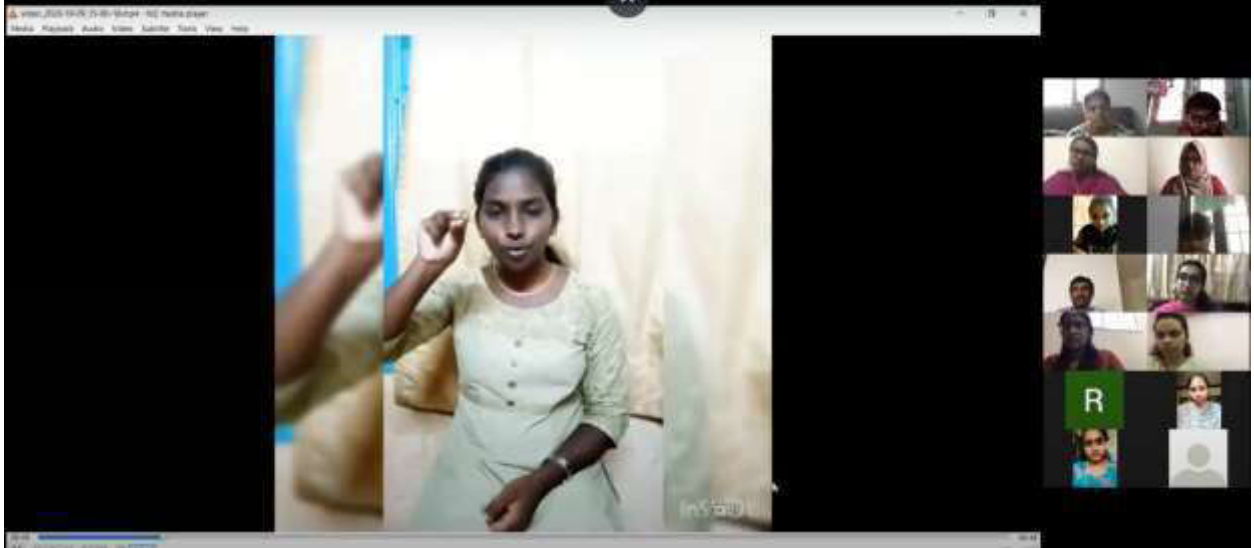
The screenshot shows a Google Slides presentation in a web browser. The title bar at the top reads "INTERNATIONAL WEEK OF DEAF - SESSION 1.mp4". The browser address bar shows a URL starting with "docs.google.com". The slide content is a black rectangle with the text "Webinar synopsis" in white. On the left side, there is a sidebar with a list of slides. On the right side, there is a vertical column of small video thumbnails showing participants in a virtual meeting.

INTERNATIONAL WEEK OF DEAF - SESSION 1.mp4

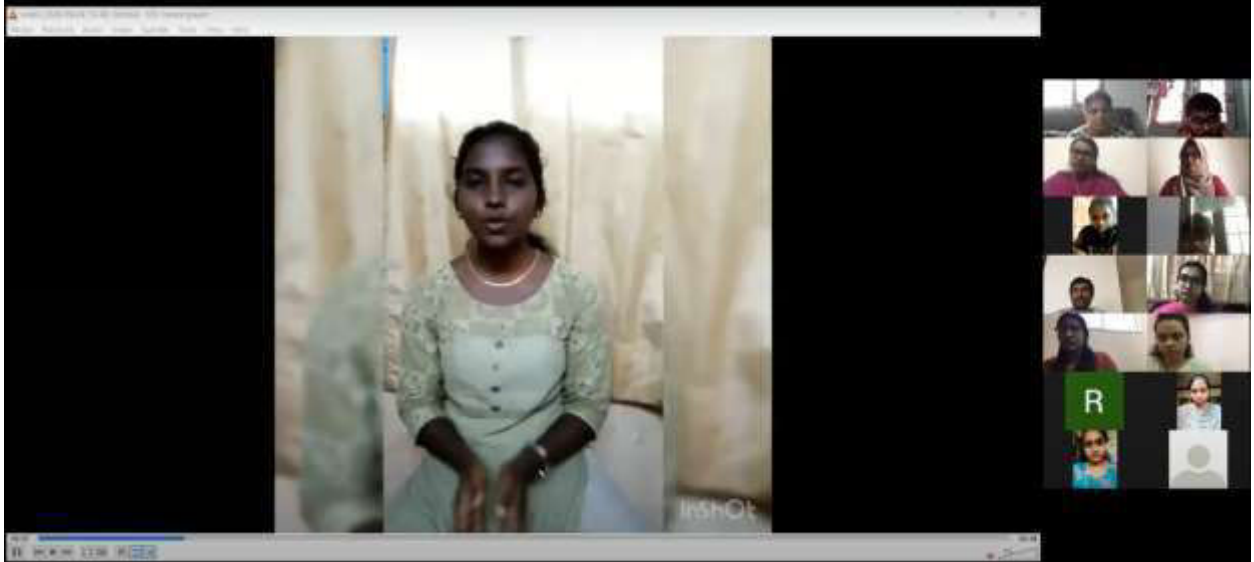
- **Around 466 million people worldwide have disabling hearing loss , and 34 million of these are children.**
- **Its expected that almost 900 million people will have some form of auditory insufficiency by 2020**
- **60% of childhood hearing loss is due to preventable causes.**
- **Approximately one third of people over 65 years of age are affected by disabling hearing loss.**



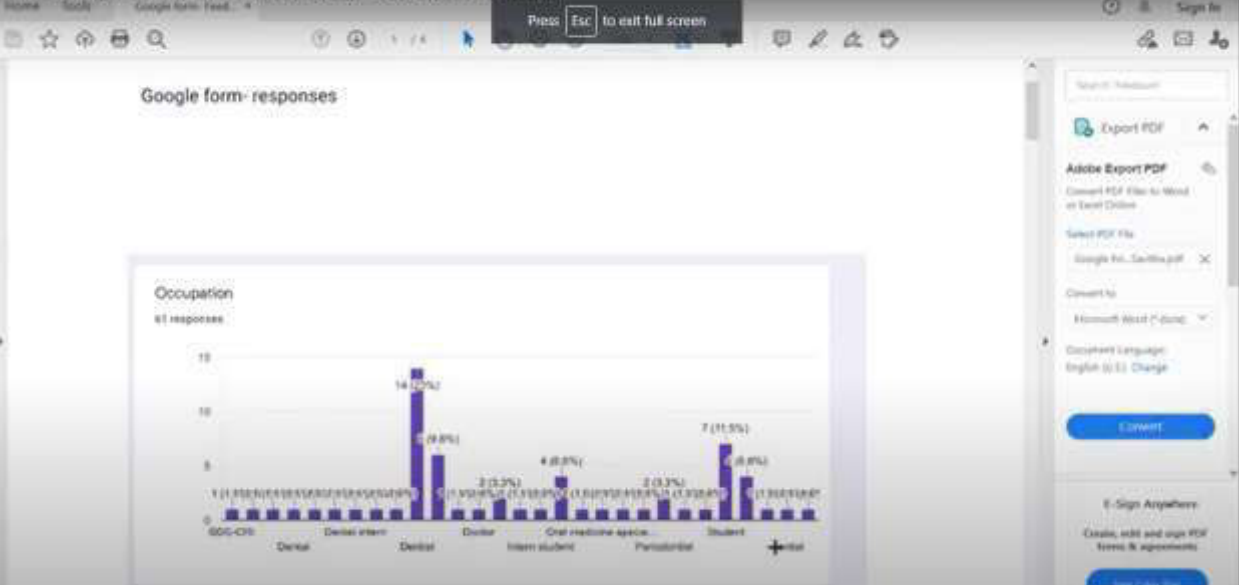
INTERNATIONAL WEEK OF DEAF - SESSION 1.mp4



INTERNATIONAL WEEK OF DEAF - SESSION 1.mp4



INTERNATIONAL WEEK OF DEAF - SESSION 2.mp4



INTERNATIONAL WEEK OF DEAF - SESSION 3.mp4

DENTAL CARE FOR HEARING IMPAIRED PATIENTS

The symbolic view of things is a consequence of long absorption in images. In sign language the real language of Paradise is Muga Bell.

Types of hearing loss

- Conductive hearing loss
- Sensorineural hearing loss
- Mixed hearing loss

Sign Language

- Hand signs
- Facial expressions
- Body language

Common dental issues

- Tooth pain
- Discoloration of teeth
- Swelling
- Subsides
- Crack bleeding
- Tooth decay
- Broken tooth
- Tooth mobility

We can help

- Use of hearing aids
- Use of sign language
- Use of visual aids
- Use of tactile aids
- Use of Braille
- Use of large print
- Use of high contrast
- Use of simple language
- Use of clear instructions
- Use of visual aids
- Use of tactile aids
- Use of Braille
- Use of large print
- Use of high contrast
- Use of simple language
- Use of clear instructions

If they understand you

- Use of sign language
- Use of visual aids
- Use of tactile aids
- Use of Braille
- Use of large print
- Use of high contrast
- Use of simple language
- Use of clear instructions

We provide a special dental care for deaf patients.

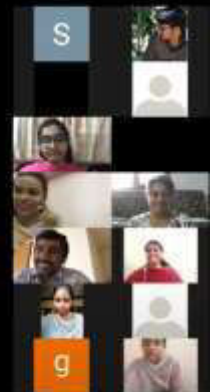


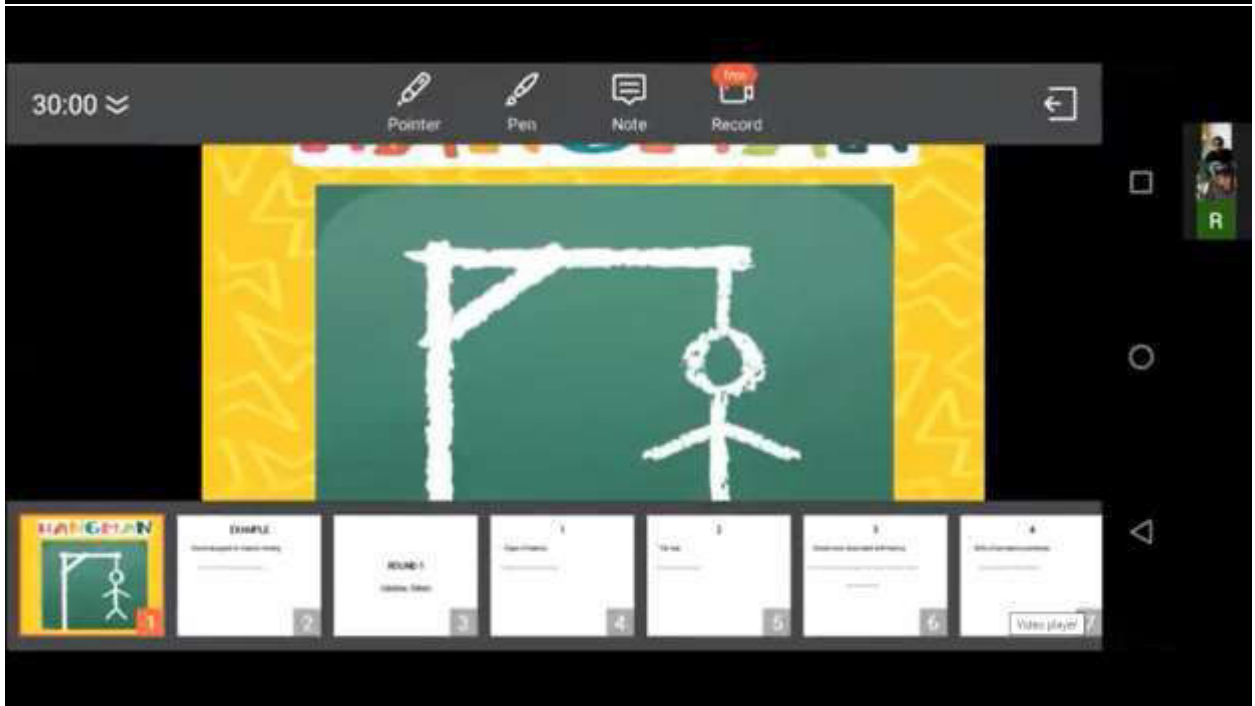
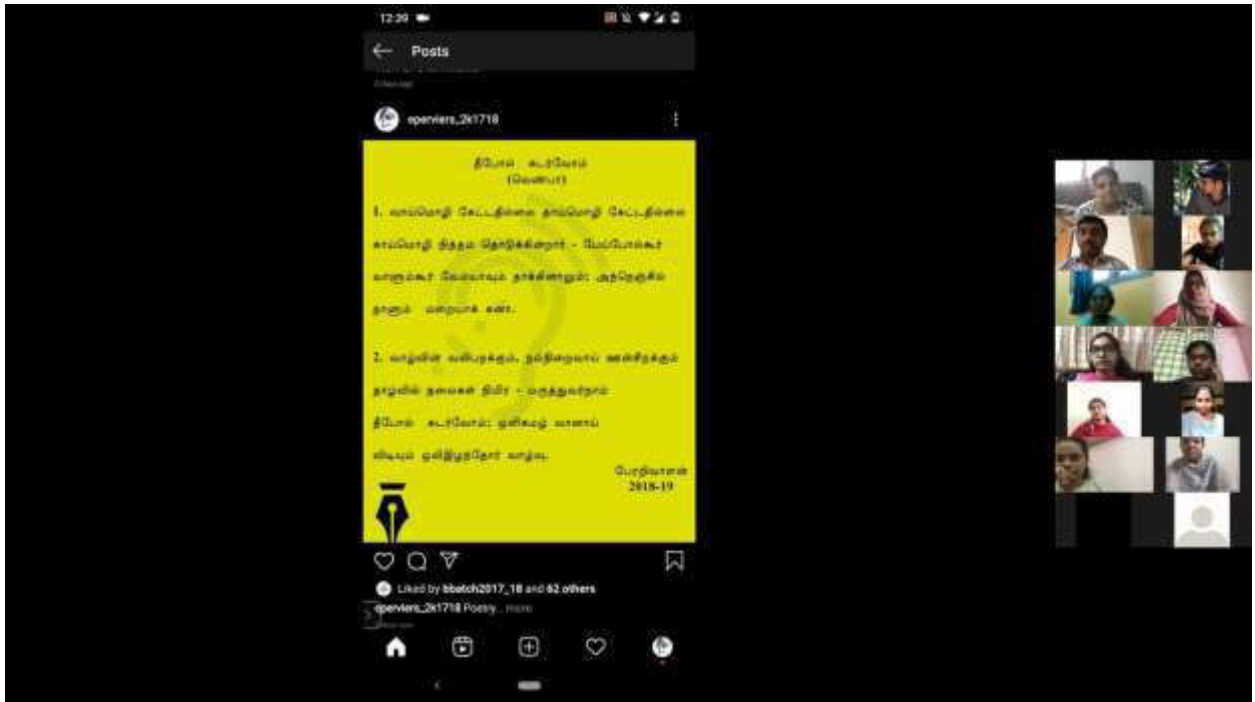
CONNEXTIONS



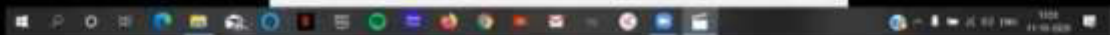
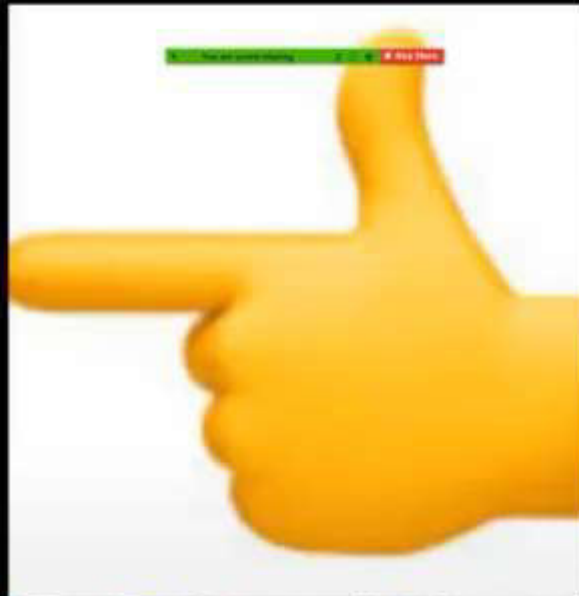
QUIZPICABLE ME

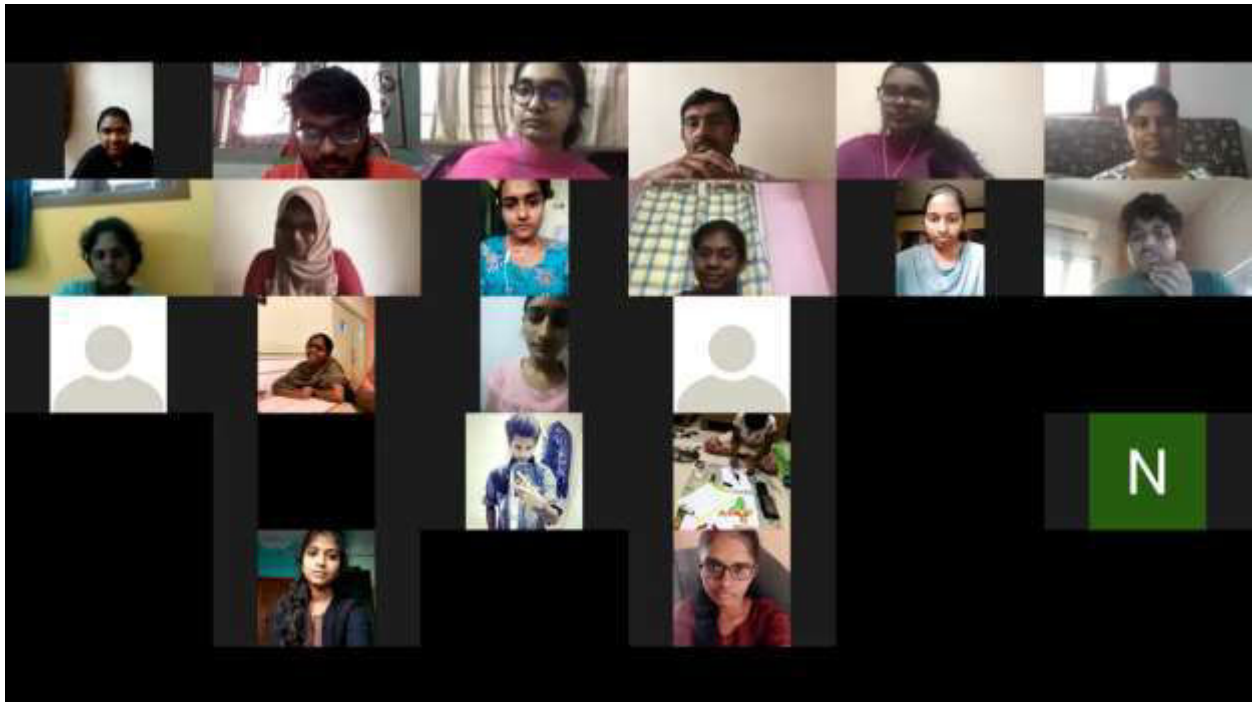






INTERNATIONAL WEEK OF DEAF - SESSION 5.mp4





DEPARTMENT OF PUBLIC HEALTH DENTISTRY
INTERNATIONAL DAY OF THE GIRL CHILD 2020

DATE: 31.10.2020	NO. OF STUDENTS: 39
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict.	ORGANISING AGENCY: F BATCH FINAL YEARS (CDCRI)

SPECIAL EVENT REPORT

**INTERNATIONAL DAY OF THE GIRL
CHILD**

11 OCTOBER , 2020

CONTENTS

1.	Introduction
2.	Logo Designing and slogan presentation
3.	Power point presentation about International girl child day
4.	Hear from the expert (an awareness session)
4.1	Mrs.S. Anantha Lakshmi (Headmistress)
4.2	Mrs. D. Selvi Sivakumar (assistant Public Prosecutor)
5.	Survey presentation on the topic Students awareness on Gender Inequality
6.	Videos
6.1	Bharathi kanda pudhumai pen
6.2	Podcasts
7.	Instagram Challenge

8.	Art gallery
9.	Poetry corner (NIL , EZHUTHU , SEL)
10.	Meme
11.	Games
11.1	Quiz
11.2	Find the film
11.3	Name if you can
11.4	Connections
11.5	Debate
	Conclusion
12.	
	Appendix:List of participants

1. INTRODUCTION

International Girl Child Day 2020: The theme for International Girl Child Day 2020 is MY VOICE , OUR EQUAL FUTURE . International Girl Child Day is observed on 11 October every year. International Girl Child Day **International Day of the Girl Child** is an international observance day declared by the United Nations; it is also called the **Day of Girls** and the **International Day of the Girl**. October 11, 2012, was the first Day of the Girl Child. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide based upon their gender. This inequality includes areas such as access to education, nutrition, legal rights, medical care, and protection from discrimination, violence against women and forced child marriage . The celebration of the day also "reflects the successful emergence of girls and young women as a distinct cohort in development policy, programming, campaigning and research."

The International Day of Girls initiative began as a project of Plan International, a non-governmental organization that operates worldwide.¹ The idea for an international day of observance and celebration grew out of Plan International's Because I Am a Girl campaign, which raises awareness of the importance of nurturing girls globally and in developing countries in particular. Plan International representatives in Canada approached the Canadian federal government to seek to the coalition of supporters raised awareness of the initiative internationally. Eventually, Plan International urged the United Nations to become involved.

International Day of Girls was formally proposed as a resolution by Canada in the United Nations General Assembly. Rona Ambrose, Canada's Minister for the Status of Women, sponsored the resolution; a delegation of women and girls made presentations in support of the initiative at the 55th United Nations Commission on the Status of Women. On December 19, 2011, the United Nations General Assembly voted to pass a resolution adopting October 11, 2012 as the inaugural International Day of Girls. The resolution states that the Day of Girls recognizes

[the] empowerment of and investment in girls, which are critical for economic growth, the achievement of all Millennium Development Goals, including

the eradication of poverty and extreme poverty, as well as the meaningful participation of girls in decisions that affect them, are key in breaking the cycle of discrimination and violence and in promoting and protecting the full and effective enjoyment of their human rights, and recognizing also that empowering girls requires their active participation in decision-making processes and the active support and engagement of their parents, legal guardians, families and care providers, as well as boys and men and the wider community .

Each year's Day of Girls has a theme; the first was "ending child marriage", the second, in 2013, was "innovating for girls' education", the third, in 2014, was "Empowering Adolescent Girls: Ending the Cycle of Violence," and the fourth, in 2015, was "The Power of Adolescent Girl: Vision for 2030." The 2016 theme was "Girls' Progress = Goals' Progress: What Counts for Girls," the 2017 theme was "EmPOWER Girls: Before, during and after crises," and the theme for 2018 was "With Her: A Skilled Girl Force."

By 2013, worldwide, there were around 2,043 events for Day of Girls.

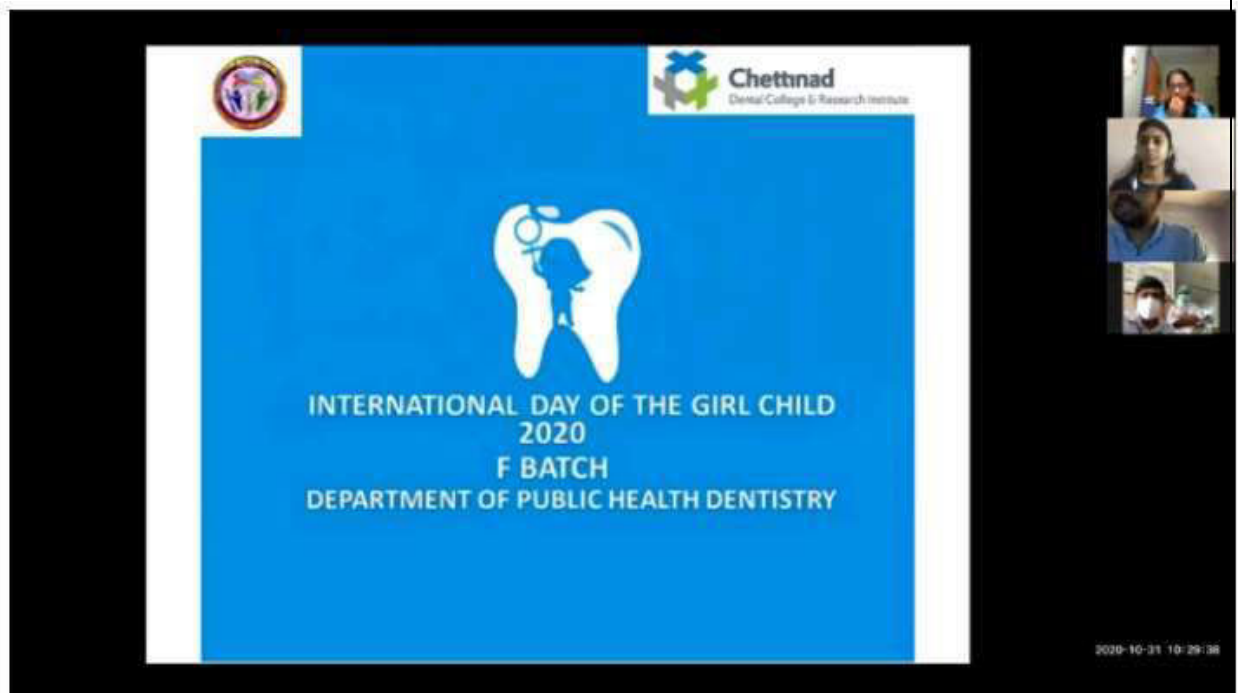
Vaishali T gave an introduction for the same followed by the events.



2.LOGO DESIGNING AND SLOGAN PRESENTATION

Done by : Sri Vishnu J and Vaishnavi T

- Two official logos were created by the F batch on account of International Girl Child Day .
- The digital logo was created and presented by Sri Vishnu J .
- The hand drawn Logo was created and presented by Vaishnavi T
- Both were their own imagination that was given a form and some colours.



3. Power point presentation

- This was a basic power point in what is International girl child day , why it is celebrated and from when it is celebrated and what is the purpose of this day .
- This was presented by - Supriya Sri Lakshmi S

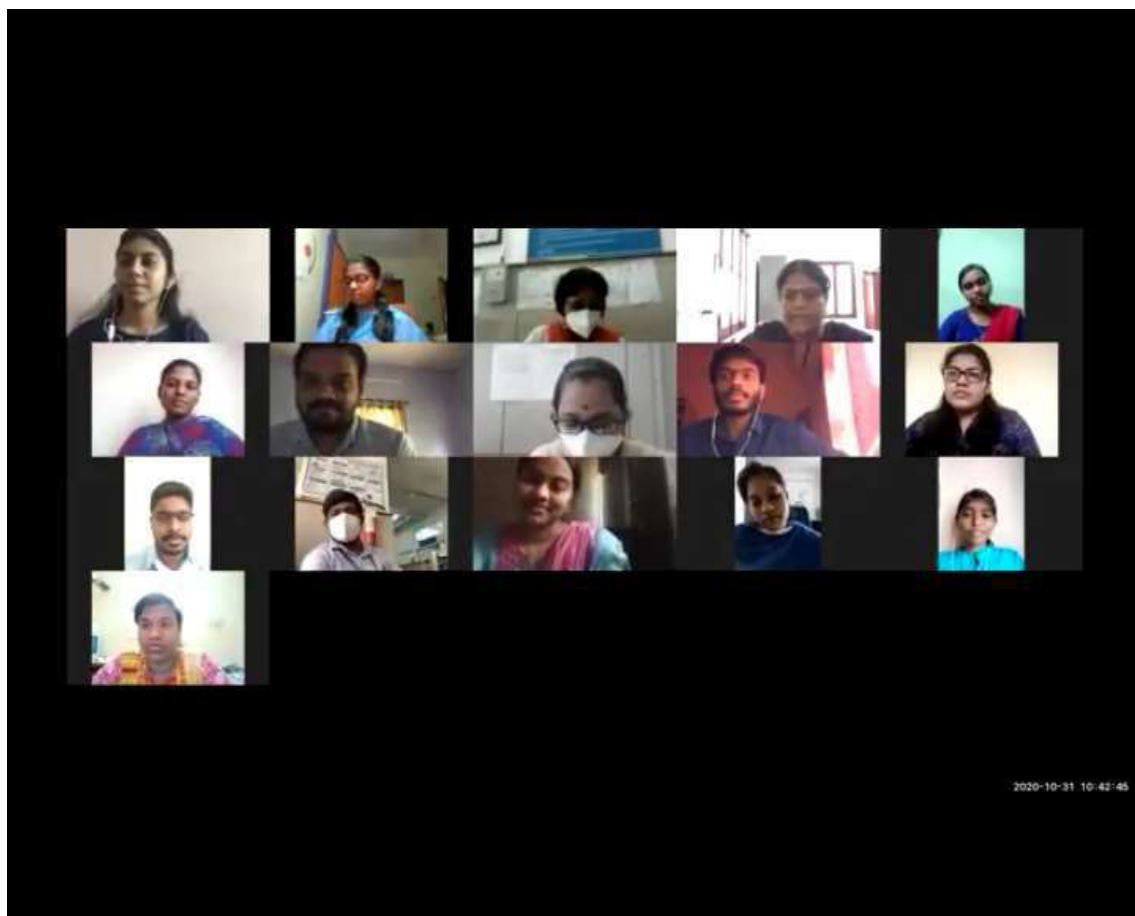
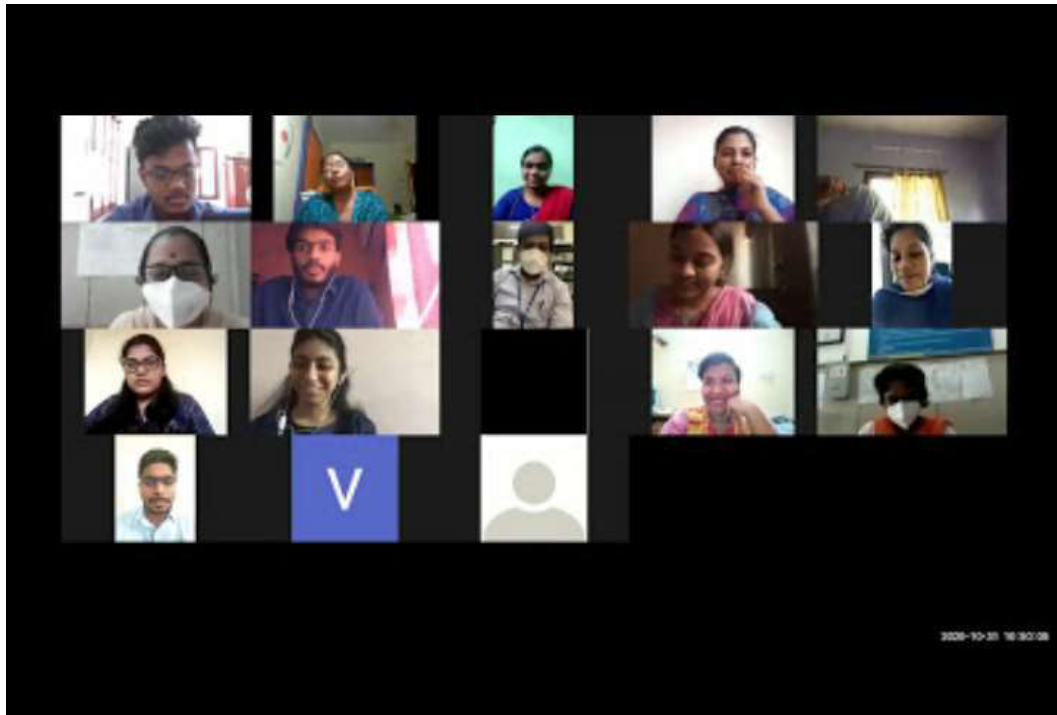
The screenshot shows a Zoom meeting slide with the following content:

- Worldwide, nearly 1 in 4 girls aged 15–19 years is neither employed nor in education or training compared to 1 in 10 boys of the same age. By 2021 around 435 million women and girls will be living on less than \$1.90 a day — including 47 million pushed into poverty as a result of COVID-19.
- 1 in 3 women worldwide have experienced physical or sexual violence. Emerging data shows that since the outbreak of COVID-19, violence against women and girls (VAWG), and particularly domestic violence, has INTENSIFIED.
- At least 60% of countries still discriminate against daughters' rights to inherit land and non-land assets in either law or practice.

The slide also features logos for Chettinad Dental College & Research Institute and a video call interface on the right with four participants. A timestamp '2020-10-31 10:40:34' is visible in the bottom right corner.

4. Hear from the expert

- Two guest speakers – Mrs. S . Anantha Lakshmi (Headmistress) and Mrs. D. Selvi Sivakumar (Assistant Public Prosecutor) were invited .
- They both spoke about the hurdles they faced and what they do to protect girl children.
- Mrs. S . Anantha Lakshmi enlightened us about the safety measures from school level .
- While Mrs. D. Selvi Sivakumar enlightened us about the laws and how effective and immediate they can be implemented .
- On the whole it was a very informative and useful session .



5. Survey

- Presented by : Sri Vidhya Rajesh .

- A small survey was conducted by the students of F batch students
- The questionnaire for this survey was circulated online
- The form had a total of 7 questions
- It was circulated among our peers and friends .
- The sample size was 300 and expected response was received.
- The questions were mostly concerned about challenges faced by girls and women.



6.VIDEOS

i) Barathi Kanda Pudhumai Pen

ii) Podcasts

6.1 Barathi Kanda Pudhumai Pen

The famous poem of MAHAKAVI BARATHIYAR was sung and recorded in the form of video by F batch students .



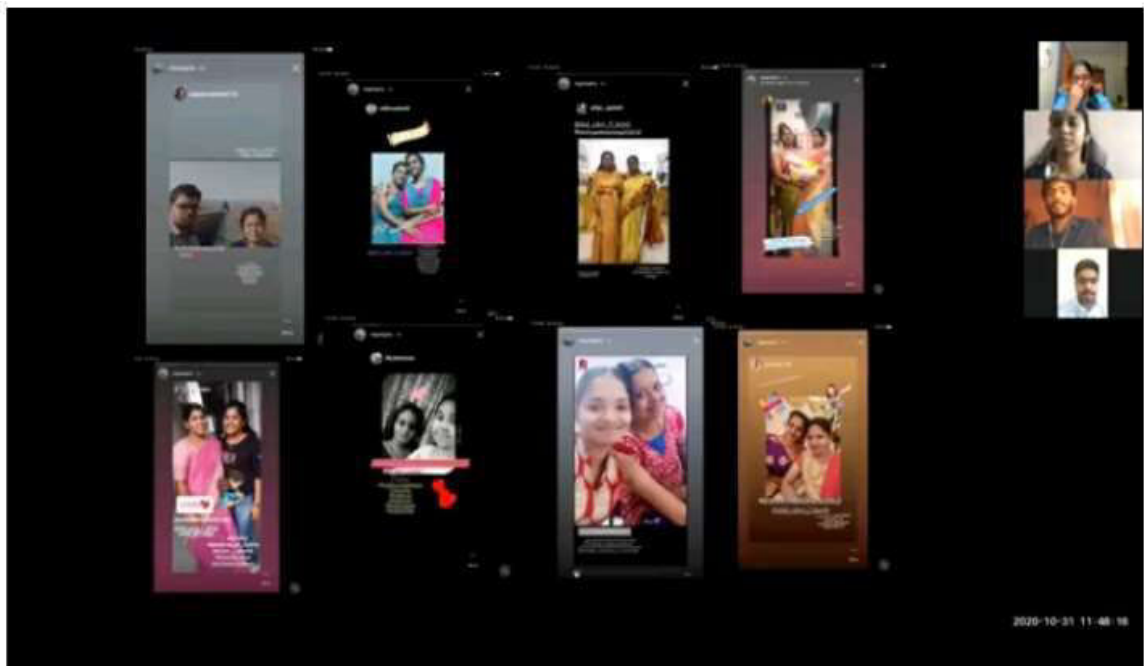
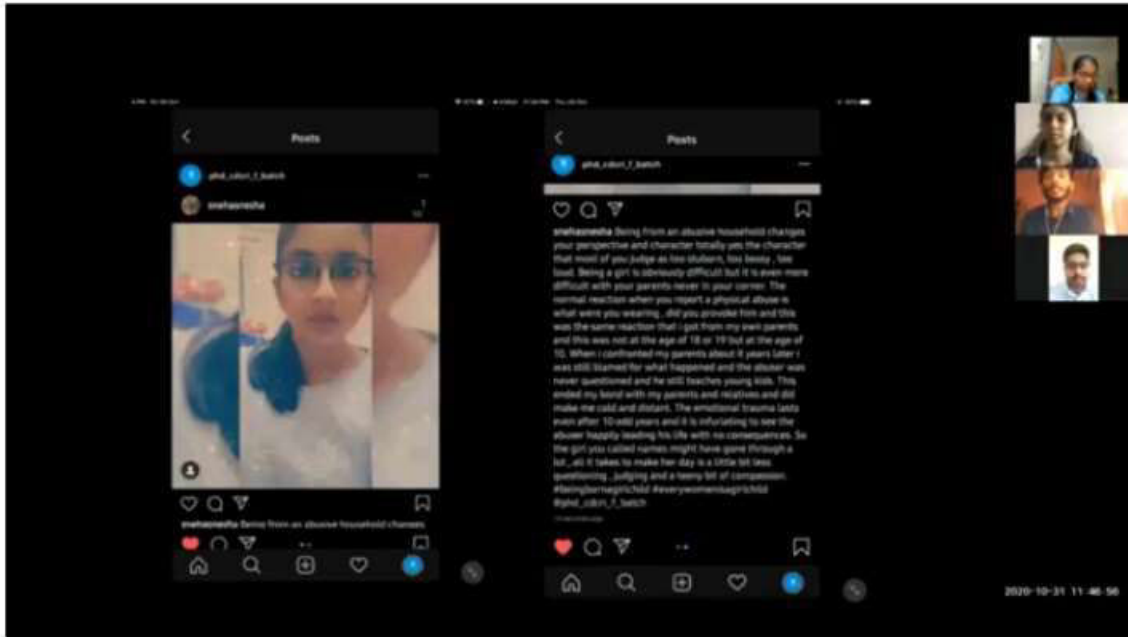
6.2 PODCASTS

- The nine days of Navarathri and the Goddess to whom those days are dedicated is taken as the concept .
- Mean while the 9 major problems faced by a girl child all over the world were associated with the 9 powerful Goddess .
- The podcasts were telecasted .



7. Instagram challenge

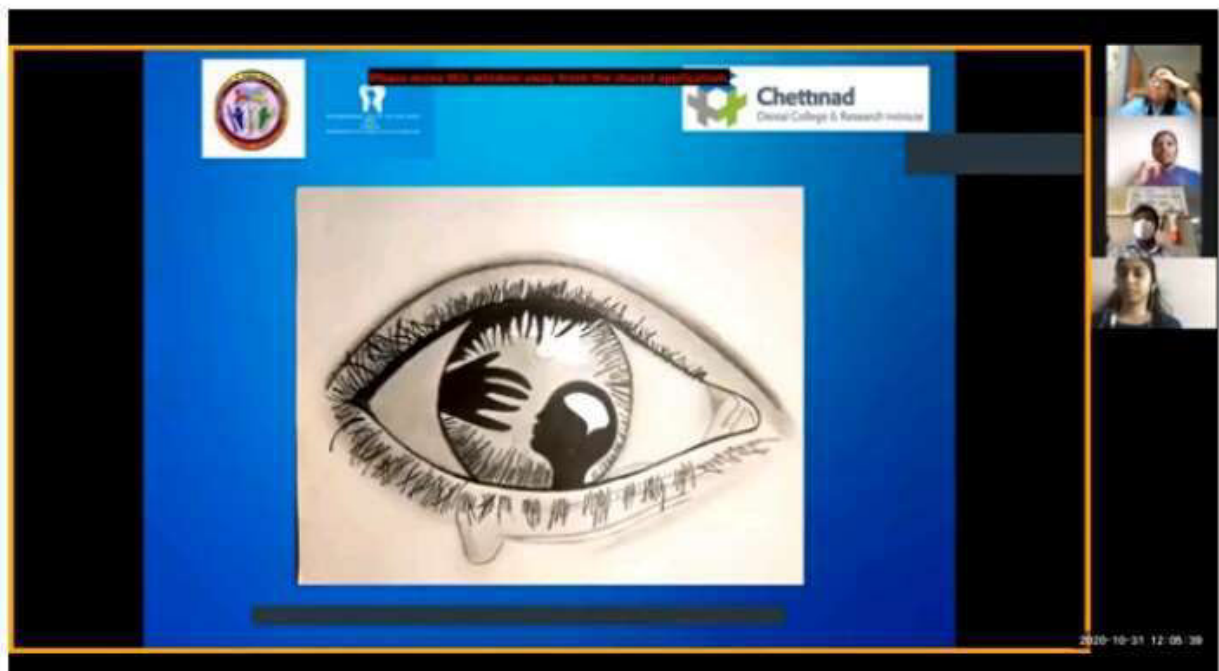
- Done by : Vignesh MK
- 6 This is an online challenge where we posted certain challenges to be done on account of this event .
- There was an active participation from all the students .
- Two hash tag #everywomenisagirlchild (every women is a girl child) and #beingbornagirlchild (being born a girl child) were created as the official hash tag for this event
- Participants posted a picture of them with their mother in their story along with which the official hashtag was used and the official phd page was tagged .
- Another challenge in which girls posted their picture along with which a bitter experience faced by them just because they were a girl child was posted , similar to the previous challenge the hashtag was used and the official phd page was tagged in.

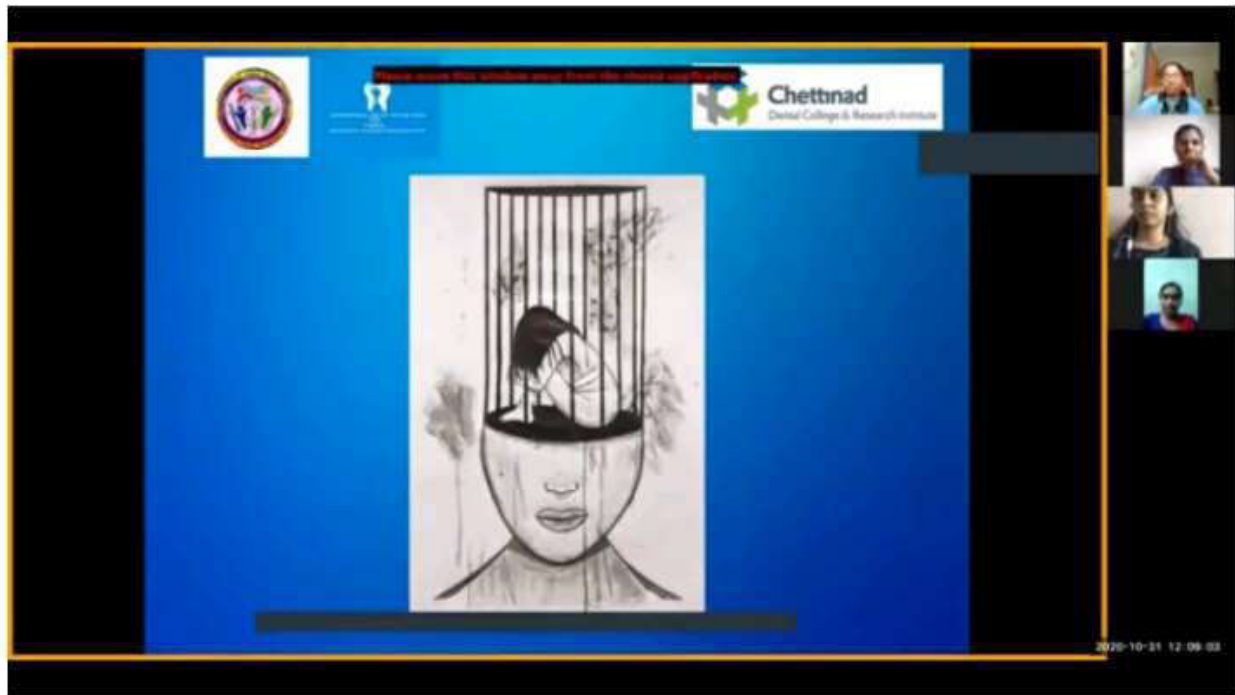


8. Art Gallery

- Done by Subathi B and Vaishnavi T .
- Beautiful arts depicting position of a girl child in our society were drawn by the artists of F batch.

- Arts were self explanatory above which the explanation given by the artists added cherry to the cake .





9 . Poetry Corner

- Done by Sri Ram Mahesh.
- All the poems were written in tamil by Sri Ram Mahesh himself .
- It was beautifully read out by him with the ups and down .
- All the poems were woman centric .
- His poem spoke about problems faced by a girl child in the society .
- How the society sees a girl child .
- And even a girl's view on the society .

பெண்ணே!
 மலரும் நீயும் மென்மைதான்...
 இரக்கமும் கருணையும் உன் தன்மைதான்...
 கொடிய முறையில் -
 உனை கொய்ய நினைத்தால்
 முள்ளாய் குத்திவிடு!
 எல்லை மீறும் அரக்கர்களுக்கு எதிராய்
 எரிமலையாய் பொங்கி விடு!
 பூவை கசக்க நினைப்பவர்களை
 புயலாய் தெறிக்க விடு!
 தடைகளை உடைத்தெறிய
 துணிந்து வா பெண்ணே!
 புதுயுகம் படைக்க
 பறப்பட்டு வா பெண்ணே!

Chettinad
 Dental College & Research Institute

2020-10-31 12:16:58

10. Memes

- Done by Sri Vishnu J
- The memes were hilarious and tickled every nerve to laugh .
- While some memes gave social message.
- Sticking to the topic all the memes were women centric.



11. EVENTS

In order to bring awareness about the event and to enable the young and budding dentists to be concerned about the well being of Girl Child and the environment ,we, the final years posted in the Department of Public Health Dentistry, came up with a few games on account of the International Girl Child day.The events were conducted on 31 October, 2020 in the online class via the Zoom app between 9.30 AM and 1:00 PM. The faculty members, house surgeons and the final years posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

- i) Quiz-Vignesh MK

ii) Find the film – Vaishali T , Vinitha S , Swetha Nidhi K

iii) Name if you can – Vigknes h S

iv) Connections – Swathi M and Suvetha M

v) Debate

11.1 QUIZ

- Activity in-charge: Vignesh MK
- A quiz acknowledging how a girl child is embraced in Dentistry .
- The game was conducted between faculty members , post Graduates and Final year students.
- The quiz had picture based questions for the participants to be exposed to an innovative version of the quiz.
- The pictures of women who inspired and changed our lifestyle , those women who became the first in their field , Example : Kamala Haris
- There were 20 questions ,10 questions each for final year , faculty members and post graduates .
- A time limit of 15 seconds were followed for each question.
- When the participants were not able to find out the answer ,a clue was given projected.
- The final year students and post graduates actively participated in the game.

Chettinad
Dental College & Research Institute

Q2

The Indian government gave away 14 Padma Bhushan Awards in 2019. The sole woman who received the honour had reached the peak of her career—quite literally—in 1984.

Who?



2020-10-31 12:37:01

11.2 Find the film

- Activity in-charge: Vaishali T , Vinitha S , Swetha Nidhi K
- The game was conducted between faculty members , post graduates and final years.
- A time limit of 8 seconds was given each question.
- 10 words related to the movie name was given and the participants were asked to find the film .
- All the movies were tamil movies with women centric roles
- The essence of conducting the game to make sure that people get to know about importance of celebrating the day in fun-filled manner
- Active participation from post graduates and final years was appreciated

The image shows a Zoom meeting slide with a blue background. At the top left, there are two logos: a circular emblem and a tooth icon. At the top right, there is a logo for 'Chettinad Dental College & Research Institute'. The slide contains five numbered items in Tamil. On the right side, there are video thumbnails for participants, including one with the letter 'V' and a red bar. A timestamp '2020-10-31 12:46:52' is visible in the bottom right corner.

Please enjoy this initiative along from the student population

- 1.Indha ulagam muluka udal rithiya thunpuruthapata pala perkita unmaiah thavira vera endha satchi um irukadhu
- 2.Vaikai la yarkum ethukum bayapada kudathu thuniju nillur ethirthu poradu
- 3.Vali na enna kaayam na enna elapu na enna ethum therinju irukathu but na apd illa
- 4.Engalaku nadakara prechanai ah sonna adhu drama enga kaneera sharepanikita adhu acting enga vali ku pinnadi irukura unmaigal en sir ungaluku poi ah vae theriyuthu
- 5.Mr.Varatha Rajan na oru advocate enthu ammakimma nu lam solla kudathu

2020-10-31 12:46:52

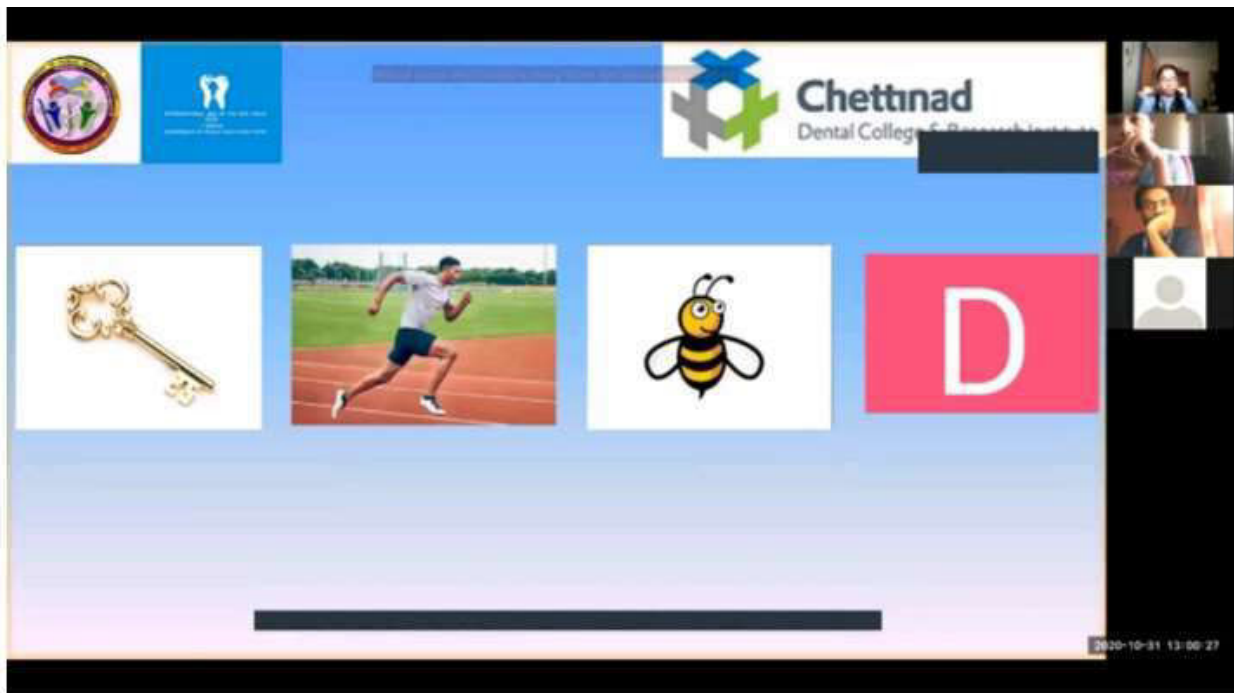
11.3 Name if you can

- Activity in-charge: Vigknes S
- The theme of this game was “Hear and Answer “
- Women empowerment or women centric songs were played without the lyrics (only the tune of the song was played) without any picture.
- Both final years students and interns were asked to answer to the questions alternatively and each of the group were given 10 seconds and representatives were selected from each group and they were asked to answer to the questions.
- The house surgeons and students actively participated in this event.



11.4 Connections

- Activity in-charge: Suvetha M and Swathi M
- This activity was held for interns and the final year students .
- The students were asked to find out the actual word which was a name of a famous women with the clues given in the form of pictures and a fact about the personality was also discussed .
- This activity was organised to brainstorm the participants to elicit the right answers from the simple clues given to them.



11.5 DEBATE

- The game had 2 rounds.
- Debate was based on the topic “ Who are given more privilege in House holds – Boys or Girls “
- A total of six participants and 3 for each side .
- During 1st round each participant was given 2 mins to speak about their side.
- During 2nd round the participants directly contradicted their opposite teams idea and talks .
- Both the sides put out their points in an efficient and tough way to make sure that the opposite side ran out of points
- Judges had a tough time on deciding which side won .

- Based on audience poll the side which spoke on behalf of girls won got maximum votes and they results were eventually declared .



12. Conclusion

We concluded the event by emphasizing on the fact that EVERY GIRL CHILD has to be protected and embraced for each is a master piece of her own self . She has to be taught how to face the world rather than protecting her and making her submissive .

Also,we put forth the fact that every girl is a victim of some form of physical or mental harassment . The examples we quoted were not from great achievers but our class mates, sisters and the girl next door. It was a eye opener for everyone

to not judge anyone for we don't know what was their past or what they are going through.

There was an active participation from the post graduates , faculty members and final year students for all the activities which made the event a great success.

We thank the staff members for giving us an opportunity to explore and proceed with the various out-of-the-box options to make the online sessions engaging for the participants and the hosts of the event.

13.APPENDIX: LIST OF PARTICIPANTS

Faculty members:-

1. Jagannatha G V
2. Dr.Nagappan N
3. Dr. Nagaland T
4. Dr. Cyril Benedict

Post graduate students

- 1.Dr.Sujatha Devi
- 2.Dr.Vincy Preetha

3.Dr.Charumathi

Interns

1.Sakthivel james

Final year students

1.Afridh Hameedha

2.Akshaya.S

3.Ashrita

4.Barath kumar

5.Divya Bharathi

6.Gayathri.N

7.Jaya Varsha

8.Kavya Priyadarshini

9.Srinivasaraghavan.N

10.Pavitra.M

11.Priyadharshini Ganesan

12.Rohitchandru.K

13.Sirpika.A

14.Sonasri

15.Vishnu kumar

16.Sriram Mahesh

17.Srivishnu

18.Srividhya

19.Subhathi

20.Supriyasrilakshmi

21.Suvetha manoharan

22.Swathi.M

23.Swetha nidhi

24.Vaishali.T

25.Vaishnavi.T

26.Vigklesh.S

27.Vignesh M K

28.Vinitha.S

29.Ragavi vijayan

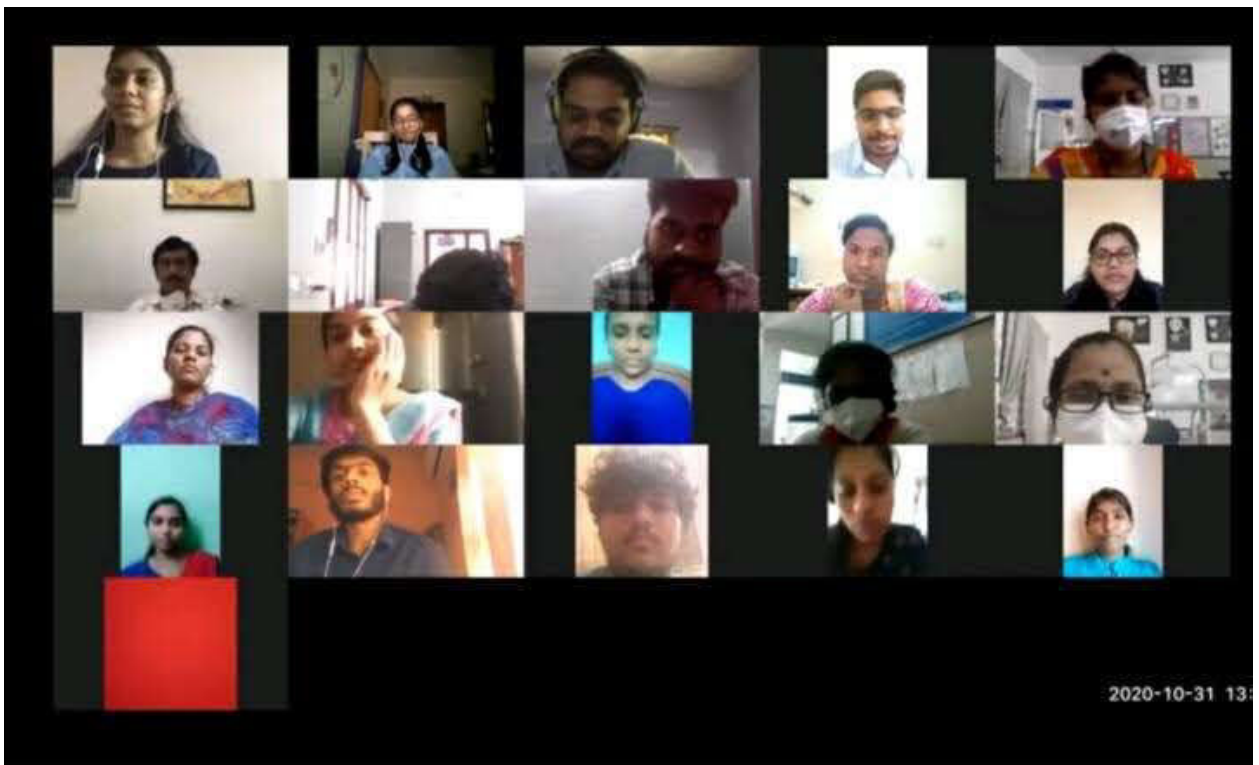
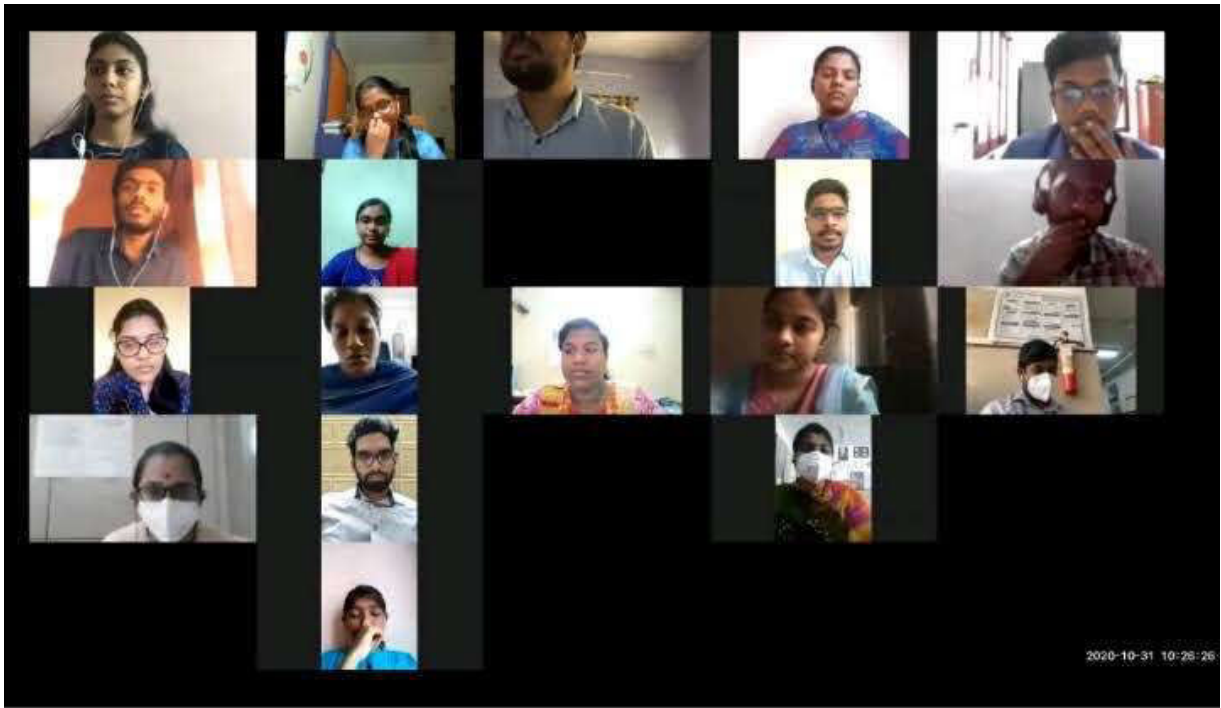
30.Vishnu kumar

Feb batch students

1.Prackadeesh PG

2.Manigandan T

ATTENDANCE LIST :



Participants (38)



Prackadeesh PG



Priyadarshini Ganesan



Ragavi vijayan



Ramasamy Narayanan



Rohithchandru K



Sakthivel james



Sirpika A















Sona Sri



Invite

Participants (36)

🔍 Search

-  83.Vignesh MK (me)  
-  74.Srivishnu Janak... (Host)  
-  Dr Nagaland T  
-  72.Sriram Mahesh  
-  75.Subhathi B  
-  76 .Supriya Sri Lakshmi   
-  77. Suvetha Manoharan  




Invite

Participants (38)




 D. Charumathi  

 Deepthika B  




 Dharshini P  

 Divya Bharathi  

 Gayathri N  

 Kavya Maran  




 Mukilan S C  




 N Srinivasaraghavan  




[Invite](#)




Participants (38)





Q Search

 83.Vignesh MK (me)  

 74.Srivishnu Janak... (Host)  

 75.Subhathi B  

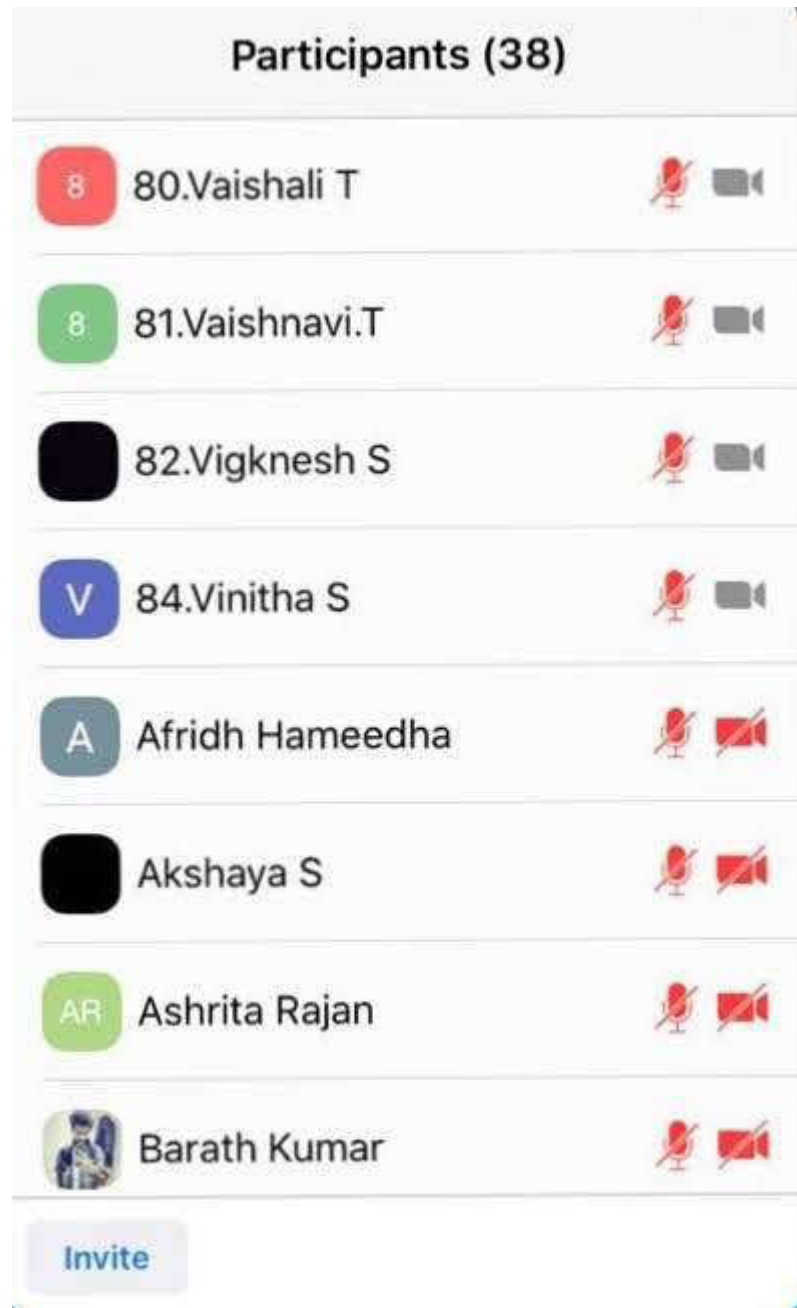
 72.Sriram Mahesh  

 76 .Supriya Sri Lakshmi   

 77. Suvetha Manoharan  

 78.Swathi M  

Invite



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

DATE: 7.11.2020

NO.OF STUDENTS: 13

**FACULTY: DR. JAGANNATHA, DR.
NAGALAND, DR. NAGAPPAN, DR. CYRIL
BENEDICT**

**ORGANIZING AGENCY : CDCRI
EVENT DONE THROUGH ZOOM
MEETING**

NATIONAL TOOTH BRUSHING DAY - 2020

NATIONAL TOOTH BRUSHING DAY



**Presented by E Batch
Celebrated on 7th November**



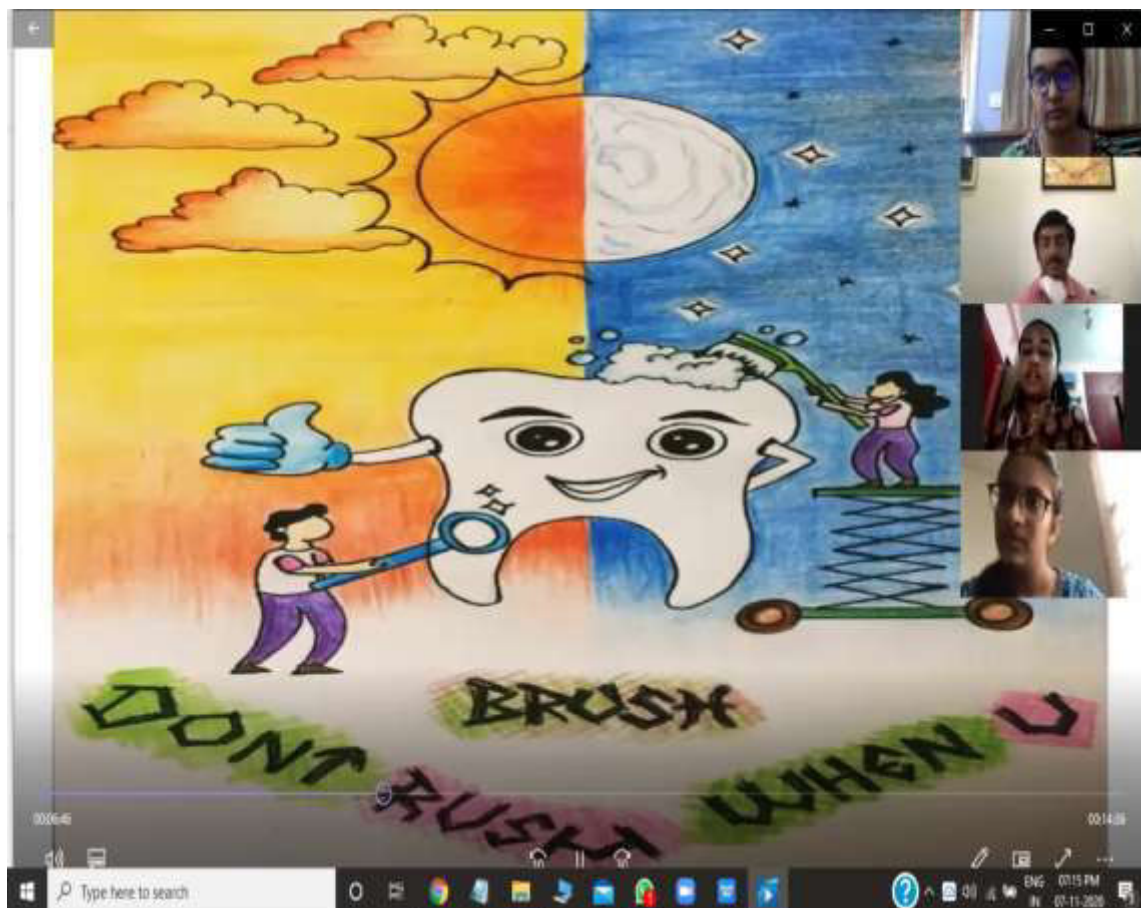
Today on the event of celebrating the '**NATIONAL TOOTH BRUSHING DAY**' which falls on the 7th November of every year we like to appreciate the efforts taken by the **DEPARTMENT OF PUBLIC HEALTH DENTISTRY- THE STAFFS AND OUR SENIORS** to give importance to this day and make it a memorable one.

This year on our part we celebrated this day with all precautions during this **COVID-19** pandemic

SESSION-1



LOGO



E - POSTER



AIM:

-
-

OBJECTIVES:

-
-
- 7

WEBINAR

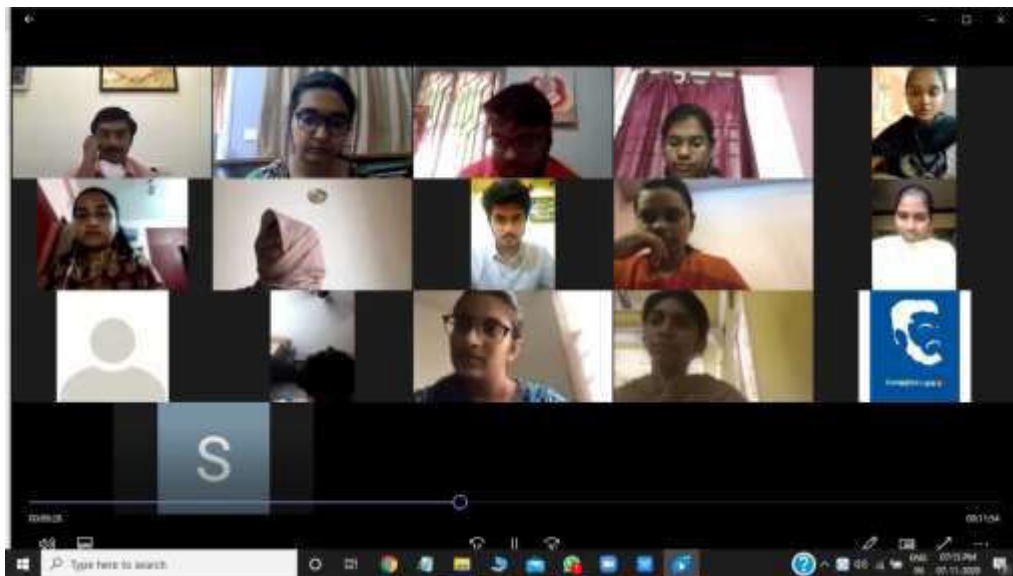


Chetti
Dental College

WEBINAR
PRIYADHARSHINI.A
RAKSHA.R
SONA SRI.S
SRINIDHI.P

SANITIZING SMILES THROUGH BRUSHING

08:11:04



08:11:04

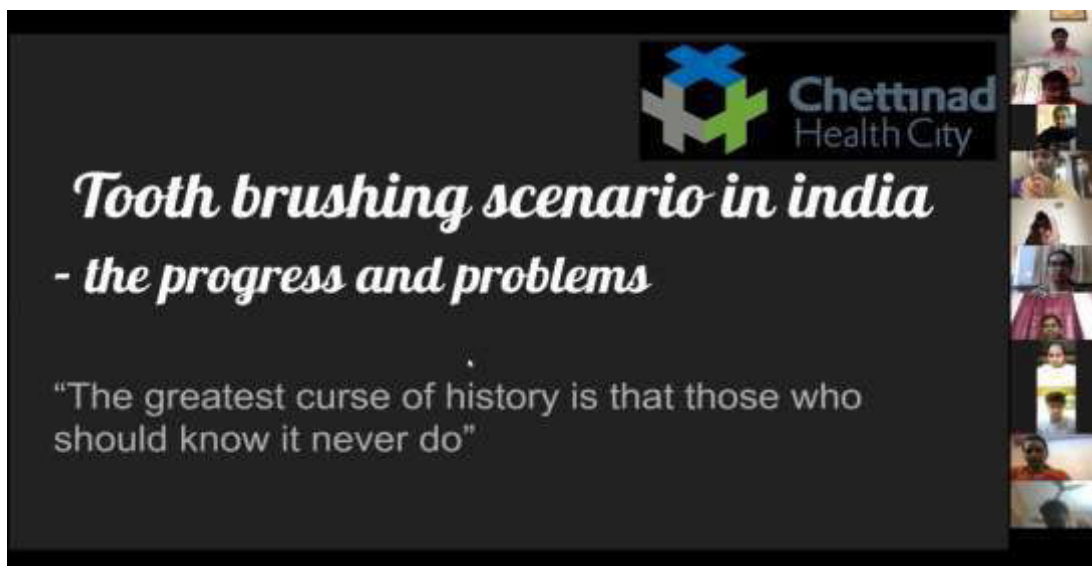
Type here to search

SESSION-2

Demonstration of tooth brushing



Tooth brushing in India -problems faced by people



Google form survey -Awareness of toothbrushing among common people



SESSION-3

RIDDLES

**I BRUSH MY THREE THOUSAND TEETH
THREE TIMES A DAY.**

Adobe Acrobat PDF
Convert PDF files to Word or Excel Online
Select PDF file
IDNUMBER_1441101021.pdf
Convert to
Microsoft Word 2016
Document Language
English (UK) - Default
Create
Full PDF
Could not add and save PDF
Some file operations
Get New File



INSTA CORNER:

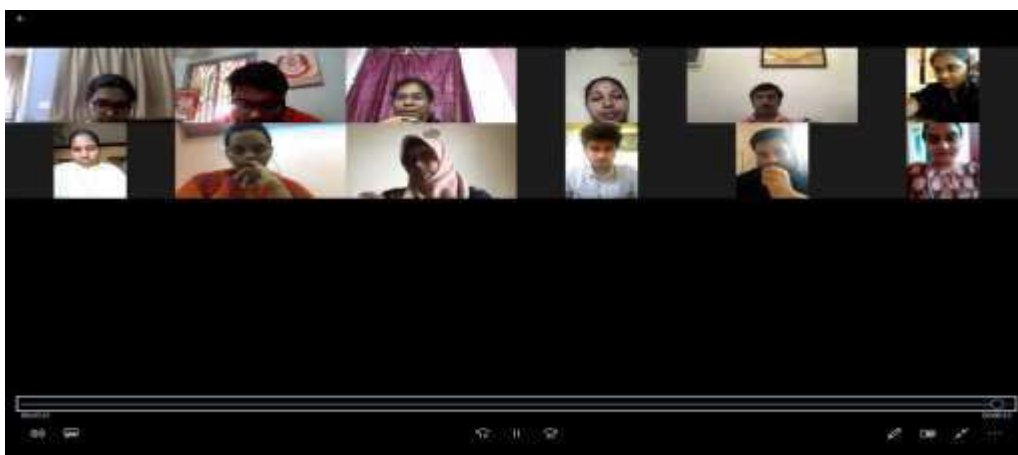
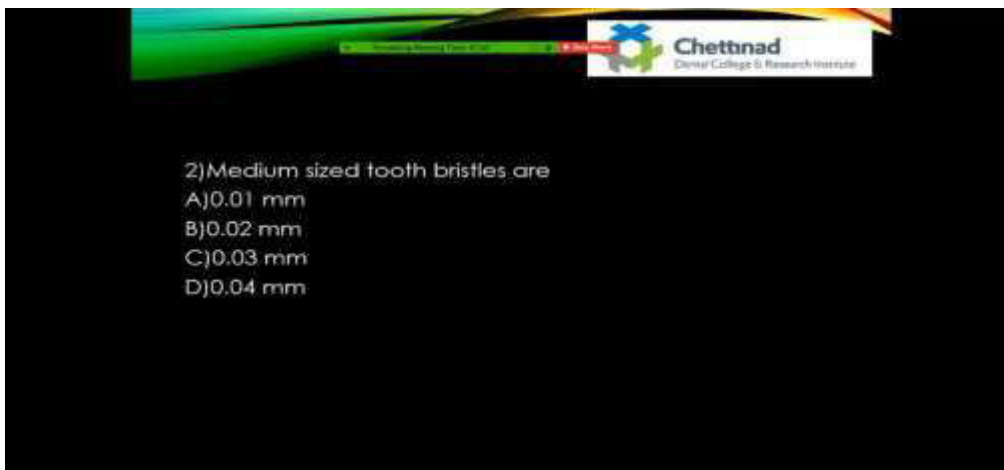
- **Smile Challenge**
- **Spreading smile Challenge**



MEMES



QUIZ



PARTICIPANTS:

E batch :

- 1.Priyadharshini.A
- 2.Raksha Ramkumar
- 3.Rohithchandru
- 4.Sahana Shree
- 5.Sakthimanimurugan
- 6.S.Santhini
- 7.Savitha
- 8.Sirpika
- 9.Sneha
- 10.Sonasri
- 11.Soofiya snoober.C.A
- 12.Srinidhi.P
- 13.Srinivasaraghavan

EVENT SCHEDULE

Session-1

***Introduction by Sneha**

***Logo designing by S.Santhini**

***Poster presentation on toothbrushing day by Sahanashree.M.**

**OUR OVERALL EXPERIENCE AND LEARNING
OUT COME**

***Demonstration of brushing technique by Srinidhi P**

All the participants gave their valuable points on what was new on organizing and participating in the event and the overall learning out come.

Experience in participating-

- It was a good experience as we got to interact with the neighbours about the importance of oral health and hygiene .
- We distributed the works among ourselves We discussed our plan and coordinated , executed this special event with enthusiasm.
- It was good to work as a team.

2.Riddles conducted by Savitha.

***Vote of thanks was delivered by Priyadharshini.A**

We conducted online smile challenge for our juniors and posted all those in insta page we created for our batch,named -eperviers_2k1718

SMILE CHALLENGE

Come on guys,it's time to cast out your beautiful smiles.Here is the challenge of E batch-post your picture with your beautiful smile quoting a slogan for National tooth brushing day ,celebrated on 7th November.

Also use our hashtags

#Brushittwiceandbangitwise
#Don'trushwhenyoubrush
#Brushandflossorgetpreparedforloss

Also don't forget to tag us
@phd_chettinad
@eperviers_2k1718

**SMILE
HARD AS
YOUR
TEETH ARE
STRONG**



phd_chettinad New challenge?!Here it goes..

Smile is a contagious one..Let us spread it in a clean manner...

As a human being,we have to support and uplift each other..Every big changes starts with a small step..Here we are ready to help you out with that small step..

Buy a new toothbrush and donate it to anyone near your house who don't have one,one who's not aware of changing brushes regularly and even you can donate toy kind of toothbrushes to kids and motivate them to brush twice daily..post the pic of yours with them your insta story..tag us@eperviers_2k1718 @phd_chettinad

Your story will be featured in our insta page!

Use hashtag #brushittwice_bangitwise #dontrushwhenyoubrush #spreading_smile

We want you all to participate and spread smile and love!!Best wishes!!

November 6, 2020

And also we provided toothbrushes and pastes to neighbours to create an awareness about the importance of brushing day and night.



phd_chettinad



Liked by **nidhiparam004** and **23 others**

phd_chettinad New challenge?!Here it goes..

Smile is a contagious one..Let us spread it in a clean manner...

As a human being,we have to support and uplift each other..Every big changes starts with a small step..Here we are ready to help you out with that small step..

Buy a new toothbrush and donate it to anyone near your house who don't have one,one who's not aware of changing brushes regularly and even you can donate to kind of toothbrushes to kids and motivate

CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

CLINICAL POSTING-B -BATCH-03.10.2020 REPORT

Staff incharge: Dr. Jagannatha GV
Dr. Nagaland
Dr. Nagappan
Dr. Cyril Benidict

Posting discussion topic: Organized an event on the occasion of 'World Rose Day'

Students: IV Year main Batch –B

Session was attended along with CRIs and other students of final year

Total No of Students: 14/14(B batch)

- Ashrita V
- BarathKumar D
- Bavadharini S
- BencyJosephRaj
- Buvaneshwari J
- ChithaluruPranathi
- Deepthika B
- Dharshini P
- Dhiviya N
- DhwarkaMai S S
- Divya Bharathi K
- DivyaDharshini R
- Gayathri N
- Gayathri S A

Summary:













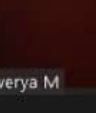












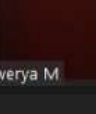
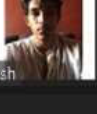


The session for the "World Rose Day" was held from 12:45 PM to 2:10 PM and continued from 3:00 PM to 5:00 PM by the B batch final year students. The events include:

- 8 Introduction by Barath Kumar D
- 9 A Poster presentation by Chithaluru Pranathi
- 10 Logo designing and slogan presentation by Divya Bharathi K
- 11 Poetry corner "Tamil Kavidhaigal" based on cancer awareness was presented by Bavadharini S and Ashritha V
- 12 Survey presentation on the topic 'Cancer awareness among the General public' by Divya Dharshini & Gayathri SA
- 13 Memes presented by Ashritha and Barath Kumar
- 14 Story board by Dhwarka Mai SS & Divya Dharshini R
- 15 Art Gallary was presented by Dhwarka Mai, Dharshini P, Bavadharini S & Divya Bharathi K
- 16 Cancer Screening video by Gayathri N
- 17 Poster presentation by Dhiviya N , Buvaneshwari J, Bensy Joseph Raj
- 18 Cancer song presented by Deepthika B
- 19 Instagram Challenge on the hashtag #paintinpink was presented by Bavadharini S
- 20 Pictoriddles game conducted by Bavadharini S and Divya Bharathi
- 21 Crossword game conducted by Barath Kumar D and Divya Dharshini R
- 22 A Game called " Who am I" conducted by Divya Dharshini R
- 23 A Game "Half a minute to win" is conducted by Gayathri.S.A
- 24 A Game called "Guess Buzz" conducted by Dharshini.P
- 25 A Song about Cancer Survivors was played
- 26 Vote of Thanks by Ashrita.V and Bavadharini S on behalf of B batch.

Session 1
Attendance Sheet

The screenshot displays a Zoom meeting grid with 40 participants arranged in 5 rows and 8 columns. Each tile shows a video feed or a name with a small red microphone icon. The participants are:

Sharmista Ka...	20. Bency Jos...	Sumithra	sai shruthi H.N	Rinshi Fasal			
Sakthivel James	Aswini S	Sriram pugal...	Manoj natarajan	Jeevan Joshua			
Aishwarya	Subhathi B	Srivishnu Jan...	Vaishnavi.T	Supriya Sri L...			
Abigna Reddy	Anudharshini...	Siddharth .A	Abirami.P	Akshaya B			
Deepthika.B	Kavya Maran	Ishwerya M	jaya varsha	13 Ashish			
Gayathri S A	Bavadarini S	17.Ashrita V	Dr. Jagannatha ...	Raj Prithivika			
22.Chithaluru...	26 Dhwarka ...	Divya Dharsh...	25.Dhiviya.N	Haritha RK			
Valar Mathi	Barath Kumar	Aswathaman -	21.Buvanesh...	Dharshini.P			
Joselin Rosar...	Yuva Ranjani	27.Divya Bha...	Sruthi Praveen	Rizvi Chouhan			
Poornima Sri...	Christeffi Ma...	Dakshin D	Ramya R	Yamini N			

 20. Bency Jos...	 Sharmista Ka...	Sakthivel james	Rinshi Fasal	Sumithra
 Aswini S	 Sriram pugal...	Manoj natarajan	 Jeevan Joshua	Aishwarya
 Subhathi B	 Srivishnu Jan...	Vaishnavi.T	 Supriya Sri L...	 Abigna Reddy
 Anudharshini...	 Siddharth A	Abirami.P	 Akshaya B	Deepthika.B
Kavya Maran	 Ishwerya M	jaya varsha	 13 Ashish	 Aateef Ahmed
▼				
 Aswini S	 Sriram pugal...	Manoj natarajan	 Jeevan Joshua	Aishwarya
 Subhathi B	 Srivishnu Jan...	Vaishnavi.T	 Supriya Sri L...	 Abigna Reddy
 Anudharshini...	 Siddharth A	Abirami.P	 Akshaya B	Deepthika.B
Kavya Maran	 Ishwerya M	jaya varsha	 13 Ashish	 Aateef Ahmed
Suvetha Manoh...	33Joshini	 Shreya Subra...	Priyadarshini Ga...	SOUNDHAR RA...

WORLD ROSE DAY -September22nd

Chathead




















NO ONE SHOULD FACE CANCER ALONE

B Batch
DEPARTMENT OF PUBLIC HEALTH
DENTISTRY

Chathead




WORLD ROSE DAY

Chathead


412 responses



Profession	Count
STUDENTS	300
DENTIST	~10
BUSINESS	~10
TEACHER	~10
ENGINEER	~10
HOMEMAKER	~10


4. Do you know or consider consumption of tobacco in any form alcohol or drugs can have various ill effects on the overall systemic and oral health?

412 responses




Response	Percentage
Yes	91.2%
No	8.8%

Zoom Meeting



Chetna
Central Unit

கி. ஏஸ். பஸ்தித்
பஸ்திப்பிளீஸ்
ஆரம். அரிஸைத்
கொண்ட. மலிதரகளை
நலமைத். மே. கணை
பஸ்தி. தந்மே
நலமைத். நுசிகக்
கொண்டே
பஸ்தி. திதரிக். பஸ்தி
பிளீஸ்
கி. ஏஸ். பஸ்தித்
பஸ்திப்பிளீஸ்
ஆரம். அரிஸைத்
கொண்ட. மலிதரகளை
நலமைத். மே. கணை
பஸ்தி. தந்மே
கி. ஏஸ். பஸ்தித்
பஸ்திப்பிளீஸ்
ஆரம். அரிஸைத்
கொண்ட. மலிதரகளை
நலமைத். மே. கணை
பஸ்தி. தந்மே



10:20



Chetna
Central Unit

PATIENT DIAGNOSED WITH CANCER



avalothana

en uyir poocha!!

Zoom Meeting

Recording

Recording Meeting Time: 01:30

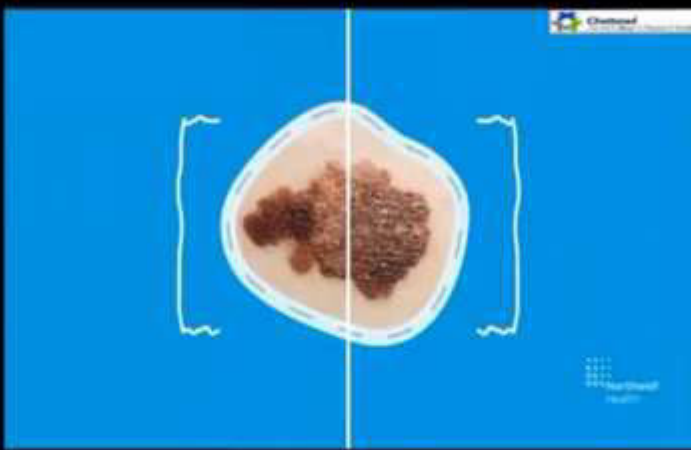
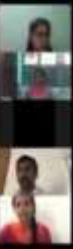


Participants (8)

Find a participant

- Angela Peckly
- Aranya A
- Aranya B
- Aranya C
- Aranya D
- Aranya E
- Aranya F
- Aranya G
- Aranya H
- Aranya I
- Aranya J
- Aranya K
- Aranya L
- Aranya M
- Aranya N
- Aranya O
- Aranya P
- Aranya Q
- Aranya R
- Aranya S
- Aranya T
- Aranya U
- Aranya V
- Aranya W
- Aranya X
- Aranya Y
- Aranya Z

10:40 05/10/2022



ORAL CANCER

Chettinad Dental College & Research Institute

This complex block is a presentation slide titled "ORAL CANCER". It features a collage of images: clinical photographs of oral lesions, anatomical diagrams of the oral cavity, and a flowchart. Text on the slide includes "9 BATCH", "FINAL YEAR(2017-18)", and "DEPARTMENT OF PUBLIC HEALTH DENTISTRY".





Participants (55)

Find a participant

- Jeevan Joshua
- Joselin Rosary. S
- KM Kavya Maran
- MN Manoj natarajan
- PS Poornima Srinivasan
- PG Priyadarshini Ganesan
- Raj Prithivika
- RR Ramya R.
- RF Rinshi Fasal
- Rizvi Chouhan
- sai shruthi H.N
- SJ Sakthivel james
- SK Sharmista Karunakaran
- Shreya Subramanian

Participants (55)

Find a participant

- A Aishwarya
- Akshaya B
- Anudharshini Sekar
- Aswathaman -
- A Aswini S
- Barath Kumar
- Christeffi Mabel
- Dakshin D
- D Deepthika.B
- D Dharshini.P
- DD Divya Dharshini
- Haritha RK
- Ishwerya M
- JV jaya varsha

Participants (55)

Find a participant






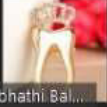

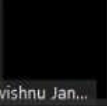




























BS	Bavadharini S (Host, me)		
	Gayathri S A		
1V	17.Ashrita V		
DJ	Dr. Jagannatha GV		
	13 Ashish		
	20. Bency Joseph Raj		
2J	21.Buvaneshwari J		
P	22.Chithaluru Pranathi		
2	25.Dhiviya.N		
	26 Dhwarka Mai SS		
2B	27.Diviya Bharathi		
3	33Joshini		
	Aateef Ahmed		
	Abigna Reddy		

Participants (56)








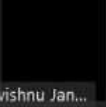





























Find a participant

	Siddharth .A		
	Sriram pugalenth		
	Srivishnu Janakiraman		
S	Sruthi Praveen		
	Subhathi B		
S.	Sumithra		
	Supriya Sri Lakshmi		
SM	Suvetha Manoharan		
V	Vaishnavi.T		
	Valar Mathi		
Y	Yamini N		
	Yuva Ranjani		
	13 Ashish		
SR	SOUNDHAR RAJAN		

Session 2
Attendance Sheet

 Aateef Ahmed	 Valar Mathi	 034.Gunali G.V	 Pavithra.G	086 Subashree...
Rohithchandru K	vaishnavi G	 Siddharth .A	Daisy Mary	Abirami.P
 Subhathi Bai...	Vaishnavi.T	71 Pujaa.N.R.	Aishwarya	 Akshaya B
 Srivishnu Jan...	Mahamudha A	 Abigna Reddy	79 Shirin Sumaya	jaya varsha
 06 Akshaya. Sa	Bharanidharan.A	 56 Perarivala...	 Vigknes S	069 Priya dhars...
 Dr Nagaland T	 19.Bavadhari...	 Divya Bharathi	 Dr. Jagannatha ...	 Divya Dharsh...
 21.Buvanesh...	 24.Dharshini P	 26 Dhwarka ...	 Haritha RK	 17.Ashrta V
 Pavithra.M	 30.Gayathri S...	 Rajesh Ravic...	 Kavya Maran	 Aswini S
 Sakthivel jam...	 Barath Kumar	 Priyadarshini...	 Rizvi Chouhan	 Nandini N
 22.Chithaluru...	 Raj Prithivika	 Sharmista Ka...	Poornima Sriniv...	 Dakshin D

 Yamini N.	 Dhivya N.	 Dr. Cyril Ben...	 20. Bency Jos...	 22. Gokulakan...
Sumithra	 Aateef Ahmed	 Valar Mathi	 034. Gunali G.V	 Pavithra G
086 Subashree...	Rohithchandru K	vaishnavi G	 Siddharth .A	Daisy Mary
Abirami.P	 Subhathi Bal...	Rinshi Fasal	Vaishnavi.T	71 Pujaa.N.R.
Aishwarya	 Akshaya B	 Srivishnu Jan...	Mahamudha A	 Ishwerya M
 Aateef Ahmed	 Valar Mathi	 034. Gunali G.V	 Pavithra G	086 Subashree...
Rohithchandru K	vaishnavi G	 Siddharth .A	Daisy Mary	Abirami.P
 Subhathi Bal...	Vaishnavi.T	71 Pujaa.N.R.	Aishwarya	 Akshaya B
 Srivishnu Jan...	Mahamudha A	 Abigna Reddy	jaya varsha	 06 Akshaya. Sa
Bharanidharan.A	 56 Perarivala...	 Viglnesh S	069 Priya dhars...	 Sriram pugali...

 Aateef Ahmed	 Valar Mathi	 034.Gunali G.V	 Pavithra.G	086 Subashree...
Rohithchandru K	vaishnavi G	 Siddharth .A	Daisy Mary	Abirami.P
 Subhathi Bal...	Vaishnavi.T	71 Pujaa.N.R.	Aishwarya	 Akshaya B
 Srivishnu Jan...	Mahamudha A	 Abigna Reddy	79 Shirin Sumaya	jaya varsha
 06 Akshaya. Sa	Bharanidharan.A	 56 Perarivala...	 Vigknes S	069 Priya dhars...
 Dr Nagaland T	 19 Bavadhari...	 Divya Bharathi	 Dr. Jagannatha ...	 Divya Dharsh...
 79 Shirin Su...	 8arath Kumar	 26 Dhwarka ...	 Haritha RK	 22.Gokulakan...
 Pavithra.M	 30.Gayathri S...	 Rajesh Ravic...	 Kavya Maran	 Aswini S
 21.Buvanesh...	 24.Dharshini P	 17.Ashrita V	 Sakthivel jam...	 Rizvi Chouhan
 Nandini N	 22.Chithaluru...	 Raj Prithivika	 Dhivija.N	 Dr. Cyril Ben...



Team-1

- Origin of word cancer or carcinoma
- TNM staging was devised by
- Nephroblastoma is also known as
- Tumor that arises due to over exposure of asbestos
- A syndrome associated with cutaneous T cell lymphoma, mycosis and lymphadenopathy

2

- Carried mutated BRCA1 gene and made early detection
- Has been actively involved in spreading awareness about early detection
- American actress and filmmaker
- Oscar award and golden globe winning actress
- Known for her role in gone in 60 seconds , maleficent



Civitrud
Teamwork | Innovation | Excellence


TEAM-D

METASTASIS





Guess buzz

Guess the lesion 

Final years
B-BATCH(2017-18)

Department of public health dentistry



Participants (58)

Find a participant

- D** Dhiviya.N
-  Divya Bharathi
- DD** Divya Dharshini
- DC** Dr. Cyril Benedict
-  Haritha RK
-  Ishwerya M
- JV** jaya varsha
- KM** Kavya Maran
- MA** Mahamudha A
- N** Nandini N
-  Pavithra G
- P** Pavithra.M
- PS** Poornima Srinivasan
- PG** Priyadarshini Ganesan

Participants (60)

Find a participant

- 1S** 19.Bavadharini S (Me)
- 30** 30.Gayathri S A (Host)
-  Dr Nagaland T
- DJ** Dr. Jagannatha GV
- g** 22.Gokulakannan Ravi
- 0A** 002. Abinaya
-  034.Gunali G.V
- 06** 06 Akshaya. Sa
- 0P** 069 Priya dharshini.S
- 0S** 086 Subashree Renganathan
- 1V** 17.Ashrita V
-  20. Bency Joseph Raj
- 2J** 21.Buvaneshwari J
- P** 22.Chithaluru Pranathi

Invite

Unmute Me

Raise Hand

Participants (58)

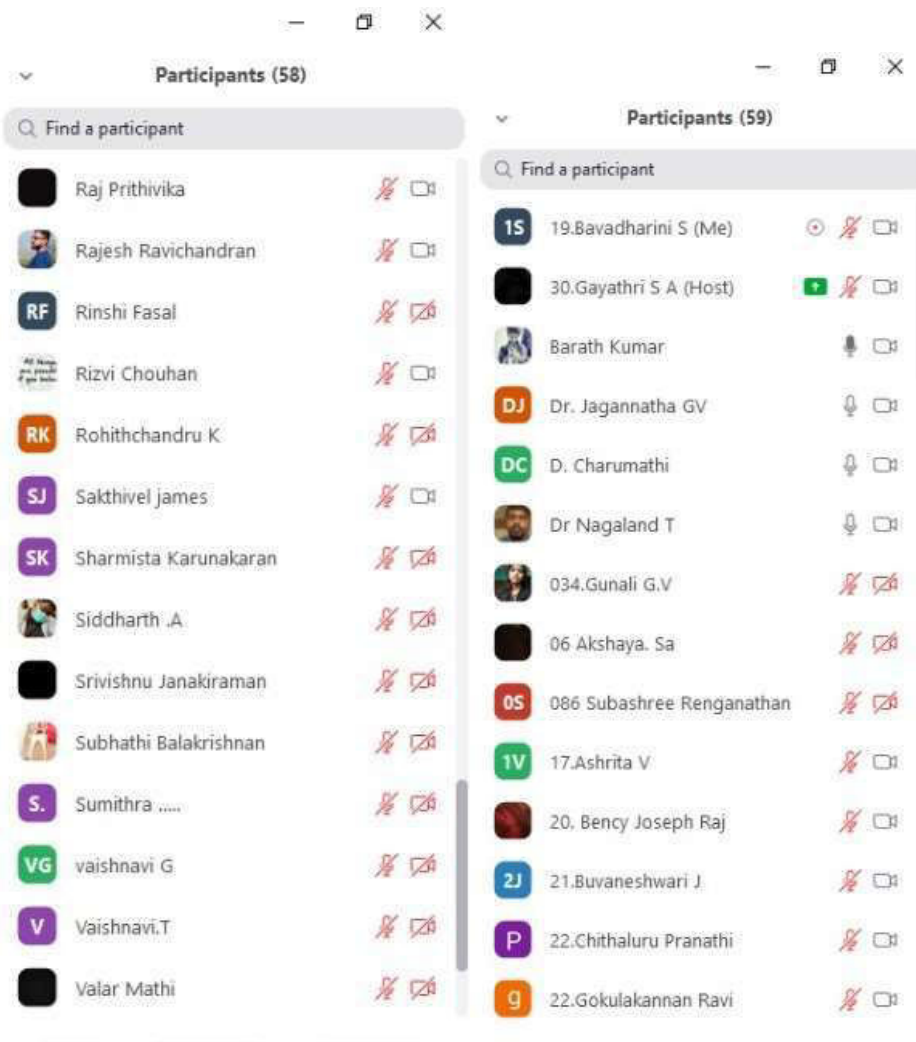
Find a participant

- 24.Dharshini P
- 26 Dhwarka Mai SS
- 56 Perarivalan I
- 71 Pujaa.N.R.
- 79 Shirin Sumaya
- Aateef Ahmed
- Abigna Reddy
- Abirami.P
- Aishwarya
- Akshaya B
- Aswini S
- Bharanidharan,A
- Daisy Mary
- Dakshin D

Participants (59)

Find a participant

- Rizvi Chouhan
- RK Rohithchandru K
- SJ Sakthivel james
- SK Sharmista Karunakaran
- Siddharth .A
- Sriram pugalenti
- Srivishnu Janakiraman
- Subhathi Balakrishnan
- S. Sumithra
- VG vaishnavi G
- V Vaishnavi.T
- Valar Mathi
- Vignesh S
- Y Yamini N



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD COPD DAY 2020

DATE: 24.11.2020	NO. OF STUDENTS: 13
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict	ORGANISING AGENCY: D BATCH FINAL YEAR (CDCRI)

SPECIAL EVENT REPORT

WORLD COPD DAY

24th NOVEMBER, 2020

CONTENTS

1.	Introduction
2.	Events
2.1	Art of the Day
2.2	COPD - Modexi

2.3	Picstry
2.4	COPD and Dentistry – Evidence Based Approach
2.5	Logo of the Day
2.6	Synerdents – Instagram Challenge
2.7	Song of the Day
2.8	Meme Session
3.	Games
3.1	Crossword
3.2	Quiz
3.3	Dumb Charades

4.	Vote of Thanks
5.	Appendix: List of participants

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1. INTRODUCTION

World COPD day is celebrated on 18th of November.

Chronic obstructive pulmonary disease (COPD) is a preventable and treatable disease that causes breathlessness, chronic sputum production and cough.

There are 300 million current cases of COPD in the world. COPD is currently the third leading cause of death globally and is highly prevalent in low resource countries. Exposure to tobacco smoke and other inhaled toxic particles and gases are the main risk factors for COPD, although recent research has identified that suboptimal lung growth before and after birth can also increase the risk of COPD later in life.

The goal of World COPD Day is to raise awareness and present new knowledge and novel therapeutic strategies for COPD worldwide. This year's theme, "Living Well With COPD- Everybody, everywhere" looks to send a positive message to both patients and providers that although there is no cure for COPD, there are many ways to actively live well with the disease.

This campaign aims to raise awareness for interventions like pulmonary rehabilitation, physical activity, self-management, and nutrition, as well as highlight the importance of

social and mental well-being. Worldwide education on these types of services can help raise awareness and promote advocacy for patient access everywhere.

Initiatives to reduce the burden of COPD are taking place worldwide, including smoking-cessation programs, fighting against both indoor and outdoor air pollution, as well as examining childhood disadvantage factors. Although there is no current cure for COPD, actions to improve quality of life can take place anywhere by a variety of individuals in many types of settings. Employers can strive for safe breathing environments, citizens can be good stewards of air cleanliness, and both patients and families can help advocate for more research and better access to care, including pulmonary rehabilitation and mental health services. In addition, providers and policy makers can work together to improve access to

spirometry, essential medications, and other treatments, including telehealth and other types of access for patients in remote settings.

We invite everyone to participate in World COPD Day events on the 18th of November, 2020.

Today, we the students of d batch unite to advocate for respiratory health globally and call for more research to prevent, detect and treat respiratory infections.

In 2020, the coronavirus (COVID-19) pandemic has made the world aware of how deadly respiratory viruses can be. In reality, COPD have been with us for a very long time and will continue to be a major source of human suffering and death.

COPD can cause lung symptoms such as cough, fast breathing, green sputum and breathlessness, as well as general symptoms such as fever, feeling ill and weight loss. Chest pain while breathing or coughing may also occur.

Respiratory infections impose an immense worldwide health burden:

- Each year almost 700,000 children die from pneumonia. 80 percent of deaths are in children under 2 years and adults above 65 years. Almost all deaths occur in low and middle-income countries.
- Each year there are 10 million new cases of tuberculosis (TB) and 1.5 million deaths. Deaths from TB occur mostly in children under 5 years and adults in the 20-35-year age range. Over 95 percent of TB deaths occur in low- and middle-income countries.

Theme

The theme for this year's World COPD Day is 'Living Well with COPD - Everybody, everywhere', according to Global Initiative for Chronic Obstructive Lung Disease (GOLD) -- an organization that works with health care professionals and public health officials around the world to spread awareness about COPD.

On this day it is important to send a positive message to both patients and providers that while COPD does not have a cure, there are ways they can actively live well.

The leading preventable cause of COPD is cigarette smoking, and prevention efforts have focused on limiting this exposure. Controlling exposure to other harmful agents can also help reduce the number of COPD cases. Occupational exposures are important causes of COPD, contributing to an estimated 14% of all cases and 31% of cases among never smokers.

It is important to know all the causes of COPD

- mineral dust (Coal mine dust, silica, asbestos),
- organic dusts (cotton, wood, grains),
- metal/welding fumes (cadmium),
- diesel/engine exhaust fumes,
- asphalt/tar fumes or vapors in road and roofing operations,
- smoke from fires, and
- other chemical gases or vapors.

Various actions can minimize exposures to these work-related COPD agents and prevent the onset of new cases and worsening of existing cases.

Significance of world COPD day:

Various activities are organized every year by health care professionals and educators in over 50 countries to spread awareness about the disease.

Let's hold hands on the day of World COPD Day to achieve "All Together to End COPD" and call upon people to come together to share their experience and knowledge of the disease as a way to raise more awareness about it.

2. EVENTS

In order to bring awareness about the relation between COPD & Oral health and also to shed light on the measures to be taken as a dentist when treating a COPD patient, we the final years

posted in the Department of Public Health Dentistry, came up with a few events on account of the World COPD Day. The events were conducted on 24th November, 2020 in the online class via the Zoom app between 11.30 AM and 12.30PM. The faculty members, post graduates and the final years posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

- i. Art of the Day – Logeshwari M
- ii. COPD: Modexi – Nandini N and Pavithra M
- iii. Picstry – Priyadarshini G
- iv. COPD & Dentistry: Evidence Based Dentistry – Mahamudha A and Mukilan S C
- v. Logo of the Day – Laurel Vijitha
- vi. Synerdents: Instagram Challenge – Pavithra M
- vii. Song of the day – Pavithra G
- viii. Memes Event – Mukilan S C

3.GAMES

The Game events conducted during the session are as follows:

- i. Crossword
- ii. Quiz
- iii. Dumb Charades

2.1 ART OF THE DAY

- Activity in-charge: Logeshwari M
- The Art of the Day was projected and the thought process behind the artwork was explained by the Artist – Logeshwari M
- The painting depicted about Etiological factors of COPD - smoking, pollutants, debris, AAT.

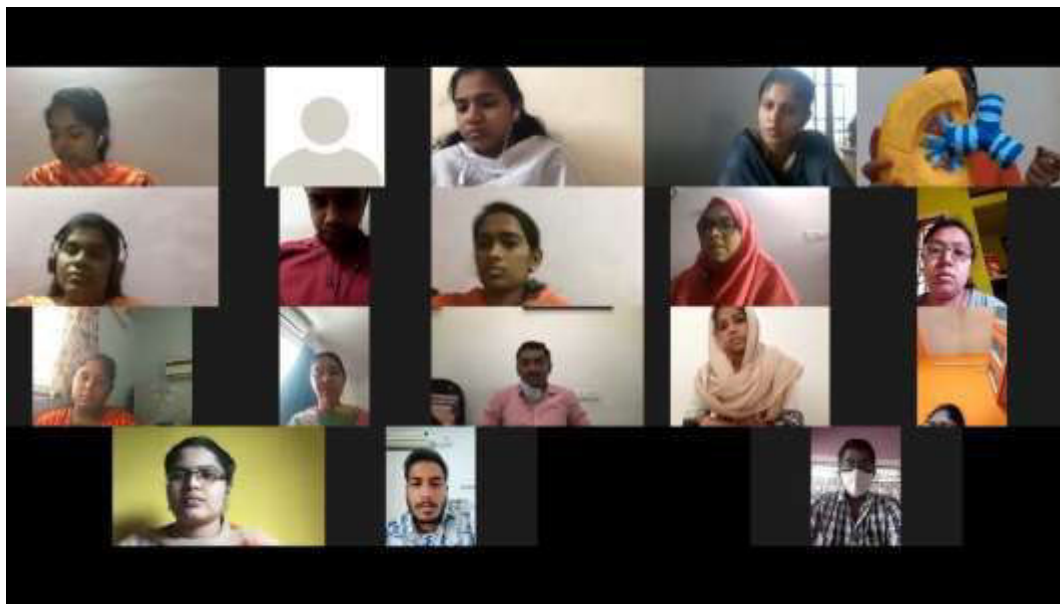
- The centre portion of the art is occupied by lung with hour glass. Which is surrounded by automobile and cigarette smoke. And two trees like lungs are affected by smoke let out by the factory in middle.

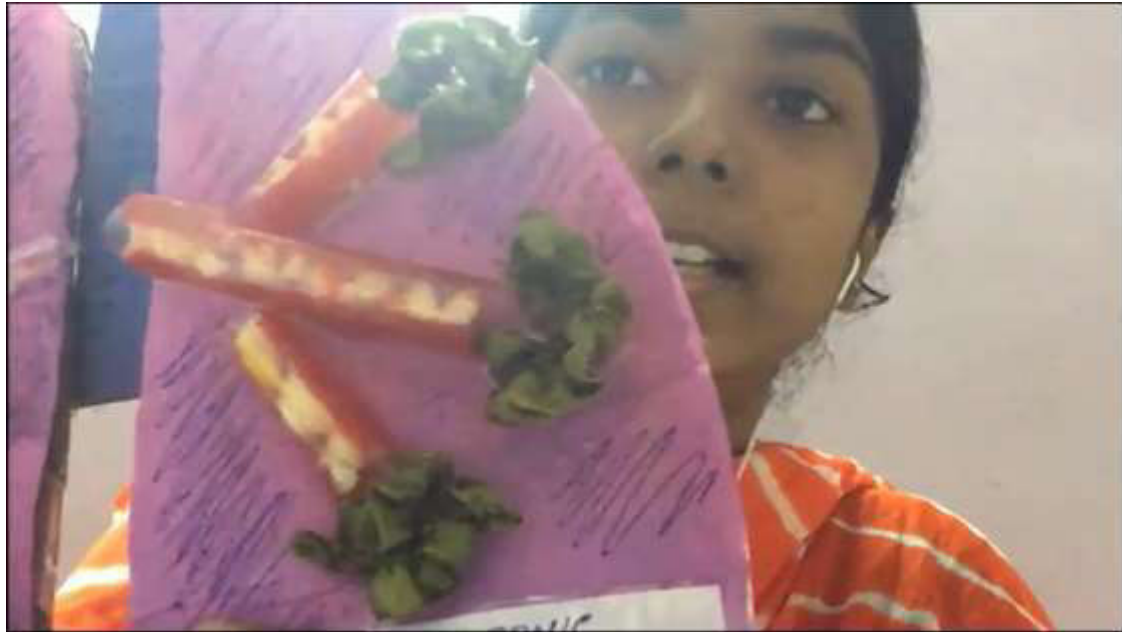


2.2 COPD: Modexi

- Activity in-charge: Nandini N and Pavithra M
- This event was a model-based explanation of the Chronic Obstructive Pulmonary Disease (chronic bronchitis, emphysema) to promote kinesthetic learning.
- The normal anatomy of the lung- the location, blood supply, innervation, lobes of the lung and functional anatomy of the lung was explained.
- Then, the changes that occur in the lung in a chronic bronchitis and emphysema was explained.
- Pulmonary features of chronic bronchitis and emphysema-
 1. Persistent airflow irritation,
 2. Hyperinflation of lungs,

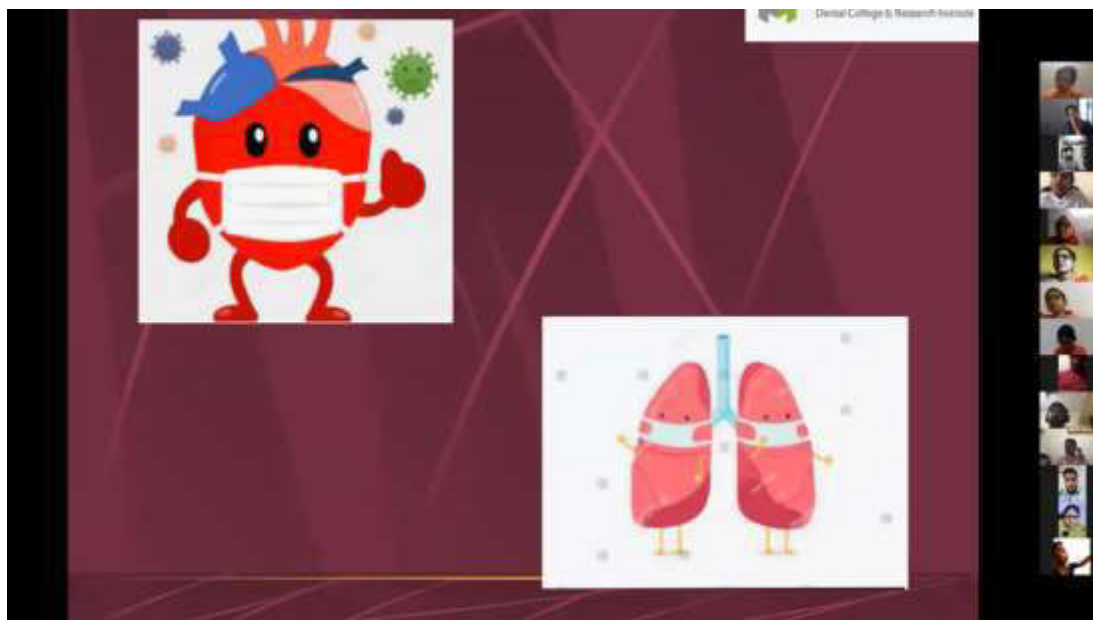
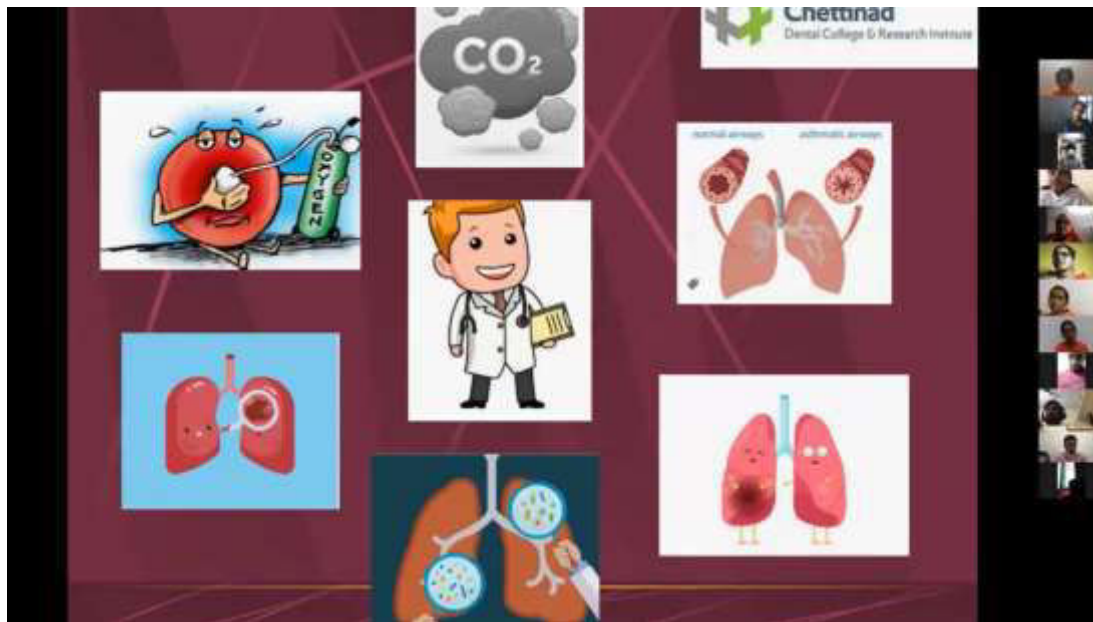
3. Enlargement of mucous secreting glands and increase in number of goblet cells,
 4. Increased sputum production,
 5. Inflammation of airway,
 6. Loss of elasticity of alveoli and destruction of alveoli.
- The normal anatomy of the lungs plays a crucial role in analyzing the pathological changes that occur in a COPD lung.





26.3 PICSTRY


- Activity in-charge: Priyadarshini G
- The theme of this game was “nature-based dentistry”
- A set of 5 words were given and participants were asked to find the odd one out which is related to nature and the clue given was dental related words.
- Both final years students and interns were asked to answer to the questions alternatively and each of the group were given 10 seconds and representatives were selected from each group and they were asked to answer to the questions.
- The house surgeons and students actively participated in this event.



2.4 COPD & DENTISTRY – EVIDENCE BASED DENTISTRY

- Activity in-charge: Mahamudha A and Mukilan S C

- The relationship between COPD and dentistry was explained based upon various literature.
- Importance of evidence-based dentistry was laid down as it appears to be an important approach to the oral health care.
- The topics which were presented are,
 - COPD exacerbations and periodontitis: a possible association
 - Evaluation of the association between COPD and periodontal health and disease
 - Causal relationship between periodontitis and COPD
 - Is COPD associated with periodontal disease? A population-based study
 - The relation between oral health and COPD exacerbations
 - Impact of inhalation therapy on the incidence of carious lesions in patients with asthma and COPD
 - Periodontal status and oral health behaviour
 - Markers of dental health correlate with daily respiratory symptoms in COPD
- A clinical guideline for the management of COPD patients in dental office was also made
- The event was concluded by saying that evidence-based dentistry is meant to empower clinicians to provide the most contemporary treatment



INTRODUCTION

The ADA defines the term "evidence-based dentistry (EBD)," as an approach to oral health care that requires the judicious integration of systematic assessments of clinically relevant scientific evidence, relating the patient's oral and medical condition and history, with the dentist's clinical expertise and the patient's treatment needs and preferences.

Among the available hierarchy of evidence, systematic reviews and meta-analysis take the top position and contribute to the highest level of evidence, followed by randomized clinical trials (RCTs). These are followed by non-RCTs, cohort studies, case-control studies, cross-over studies, cross-sectional studies, case studies, and expert opinions.



EVALUATION OF THE ASSOCIATION BETWEEN CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AND PERIODONTAL HEALTH AND DISEASE



Dental Science

Dr. Mansi R. Amrutiya P.G. student, Department of Periodontology, K.M. Shah Dental College and Hospital, Sumandeep Vidyapeeth, Piparia, Waghodia, Vadodara-391760

Dr. Neeraj C. Deshpande* Professor, Department of Periodontology, K.M. Shah Dental College and Hospital, Sumandeep Vidyapeeth, Piparia, Waghodia, Vadodara-391760. *Corresponding author

A descriptive cross-sectional research was governed to figure out the association among the chronic obstructive pulmonary disease using pulmonary function test and the periodontal health and disease using various periodontal parameters.

The study population consisted of the individuals attending the OPD of Respiratory Medicine, Dhiraj Hospital, Sumandeep Vidyapeeth, Piparia, Vadodara.

AIM

The aim of the present study was to evaluate the potential association between periodontal health and COPD and to assess the potential health status of patients with and without COPD.

MATERIALS AND METHODS

In this observational study, 100 patients were selected on purposive selection criteria from the Outpatient Department of General Medicine. The patients were in the age range 30-60 years, of whom 50 patients belonged to group A (test group) and 50 belonged to group B (control group).

The physician made the diagnosis of respiratory diseases and non-respiratory diseases. A detailed case history, physical examination and investigations like chest X-ray and Pulmonary Function Test, complete blood count, urine examination, and sputum examinations were done.



All 100 patients of groups A and B were examined for gingival and periodontal status by recording the following indices:

1. Gingival Index (GI) (Loe and sillness)
2. Papilla Bleeding Index (PBI) (Muhlemann's)
3. Periodontal Index (PI) (Russell's)
4. Periodontal Index for Risk of Infectiousness (PIRI)

Table 3
Dental exam measurements comparing COPD exacerbators vs non-exacerbators

	Exacerbator (n=57)	Non-exacerbator (n=43)	p-value
Probing depth (mm)*			0.33
<4	12 (21%)	34 (79%)	
4-5	13 (23%)	30 (69%)	
6-7	2 (4%)	11 (25%)	
8	0 (0%)	1 (2%)	
Bleeding on probing*	36 (63%)	32 (74%)	0.74
Clinical attachment loss (CAL)*			0.68
<4	0 (0%)	0 (0%)	
4-5	1 (2%)	2 (5%)	
6-7	12 (21%)	13 (30%)	
8	1 (2%)	3 (7%)	
Severity of periodontitis*			0.68
Mild	7 (12%)	8 (19%)	
Moderate	6 (11%)	10 (23%)	
Severe	11 (20%)	18 (41%)	
Plaque index*			0.54
Score 0	2 (4%)	2 (5%)	
Score 1	4 (7%)	4 (9%)	
Score 2	7 (12%)	8 (19%)	
Score 3	6 (11%)	8 (19%)	
Score 4	7 (12%)	12 (28%)	
Score 5	7 (12%)	11 (25%)	
Gingival index*			0.38
Score 0	2 (4%)	3 (7%)	
Score 1	11 (20%)	9 (21%)	
Score 2	6 (11%)	12 (28%)	
Score 3	7 (12%)	8 (19%)	
Caries risk assessment			0.69
Low	7 (12%)	11 (25%)	
Moderate	16 (28%)	13 (30%)	
High	11 (20%)	11 (25%)	

Table 4

Association between dental exam measures and COPD exacerbation status. Unadjusted and adjusted odds ratios of COPD exacerbator (n=57) and non-exacerbator (n=43) stratify for the dental exam measure

Dental exam	Unadjusted OR (95% CI)	p-value	Adjusted OR* (95% CI)	p-value
Periodontitis severity	0.78 (0.38, 1.52)	0.46	0.75 (0.35, 1.56)	0.47
Probing depth	0.62 (0.28, 1.08)	0.59	1.07 (0.46, 2.50)	0.88
Clinical attachment loss	1.16 (0.58, 2.32)	0.69	1.54 (0.67, 4.26)	0.59
Bleeding on probing	1.27 (0.58, 4.48)	0.78	1.29 (0.28, 5.93)	0.69
Plaque index	0.99 (0.61, 1.51)	0.98	0.89 (0.55, 1.39)	0.61
Gingival index	0.74 (0.40, 1.33)	0.32	0.77 (0.38, 1.51)	0.49
Caries risk assessment	0.99 (0.42, 1.81)	0.77	0.41 (0.17, 1.70)	0.60

Note: *Adjustment was for inhaler use (inhaled corticosteroids and anticholinergic inhalers) and FEV₁ % predicted.

AIM

To evaluate the periodontal health status and oral health behavior among hospitalized patients with chronic obstructive pulmonary disease (COPD) to assess the association of COPD with dental health.

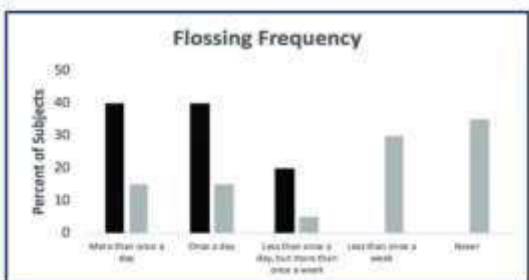
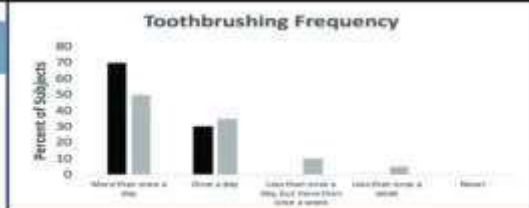
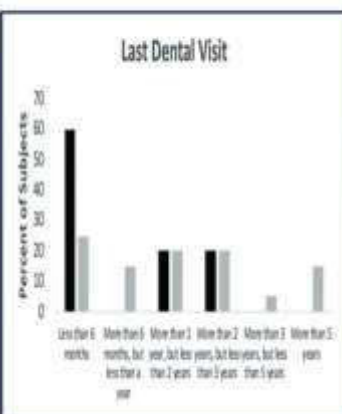
MATERIALS AND METHODS

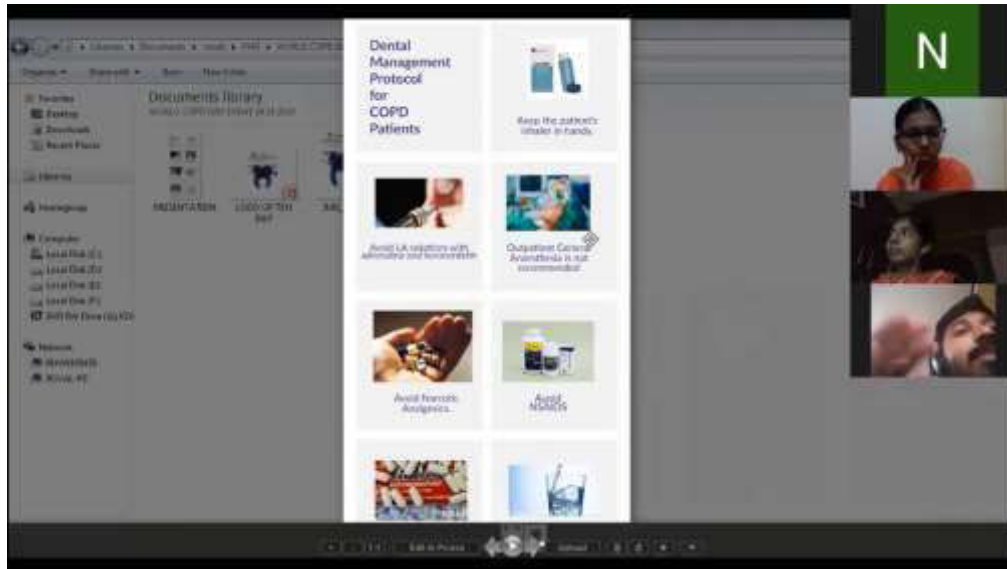
A group of 100 hospitalized patients with COPD and a group of 100 age, sex, and race-matched control patients were included in this study.

Detailed case histories along with standardized measures of oral health including gingival index, plaque index (PI), and simplified oral hygiene index (OHI) were estimated and compared.

Probing depths and clinical attachment levels (CALs) were recorded at four sites per tooth. C-reactive protein (CRP) levels in saliva and serum were also measured.

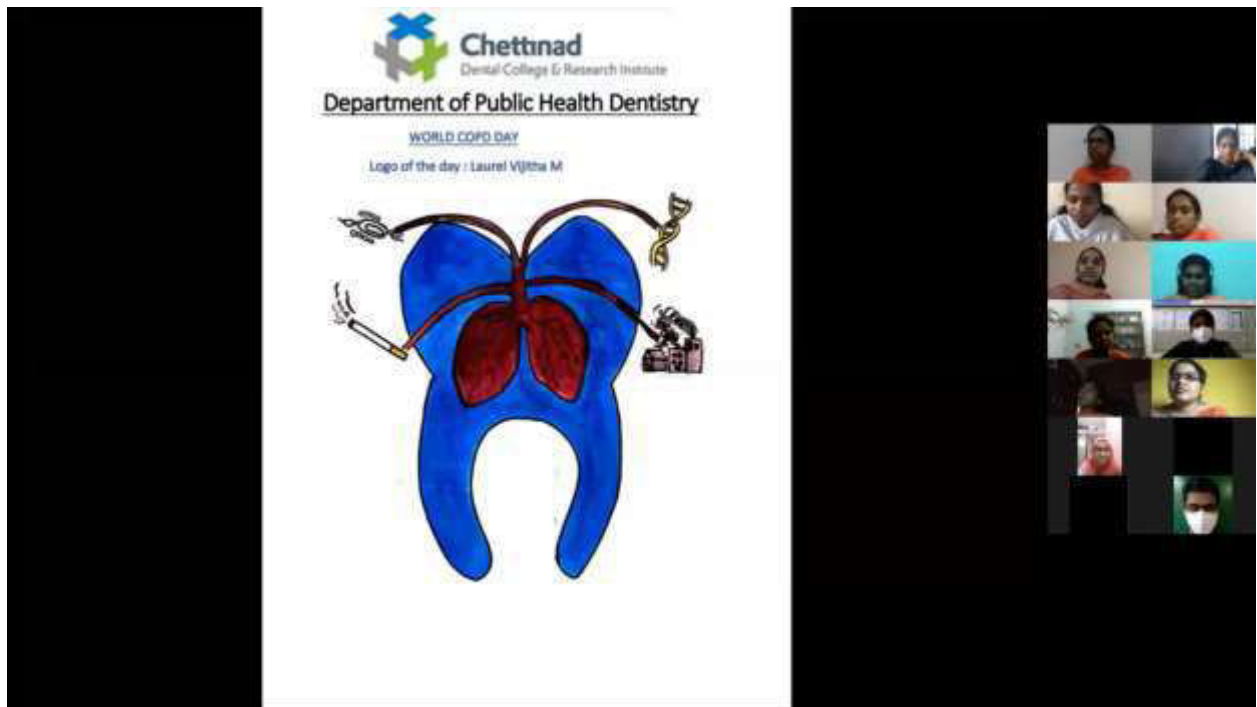
Oral health care habits





2.6 LOGO OF THE DAY

- Activity in-charge: Laurel Vijitha
- Logo of the day was presented.
- Logo depicted the correlation between Chronic Obstructive Pulmonary Disease with its correlation to the oral cavity represented by a tooth.
- Logo also picturized various factors that may eventually lead to COPD i.e., smoking, pollution, DNA mutation and microorganisms.
- The lines connecting the etiology to the lungs through the tooth surface talks about how they affect the oral cavity first.



2.7 SYNERDENTS: INSTAGRAM CHALLENGE

- Activity in-charge: Pavithra M
- This event was in the form of challenge to our batch mates
- The challenge was to post a picture of participants themselves acting out something related to COPD, in Instagram and tag D batch and PhD Instagram I'd. For example, cough, breathlessness, haemoptysis and even photographs related to the cause of COPD was also accepted.
- We split participants into 5 different teams and named them as,
 - A-Adroit
 - B-Brilliance
 - C-Creative
 - E-Energetic
 - F-Fascinating
- To ensure a kind of active and healthy participation.
- We made it bit interesting and trending with hashtags like,
 - #learnaboutcopd
 - #strikeaposeandpost
 - #knowinsideout
 - #avoidpollution

- #tovisitdoctor
- #getsupport
- In this event we displayed all the posts of participants in Instagram





2.8 SONG OF THE DAY

- Activity in-charge: Pavithra G
- COPD Awareness song sung and edited by Pavithra G was projected for everybody to listen.
- Music is an important popular form of entertainment that can also teach information, highlight problems, and even inspire people to change their regular practice.
- It is an awareness and educational song about COPD for common people.
- The song describes the factors, effects, investigation and treatment for COPD.





2.9 MEME EVENT

- Activity in-charge: Mukilan S C
- Each meme was projected and the context as intended by the meme creator was explained to everyone,
- Meme session was made to depict the importance of oral hygiene in a humorous way. It worked out and did not fail to make the audience laugh out loud.





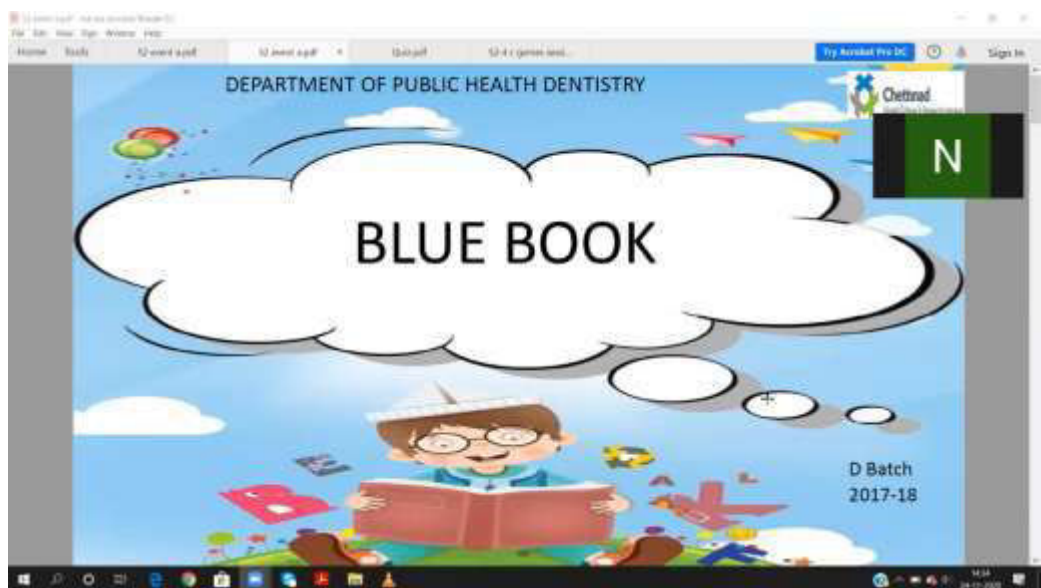
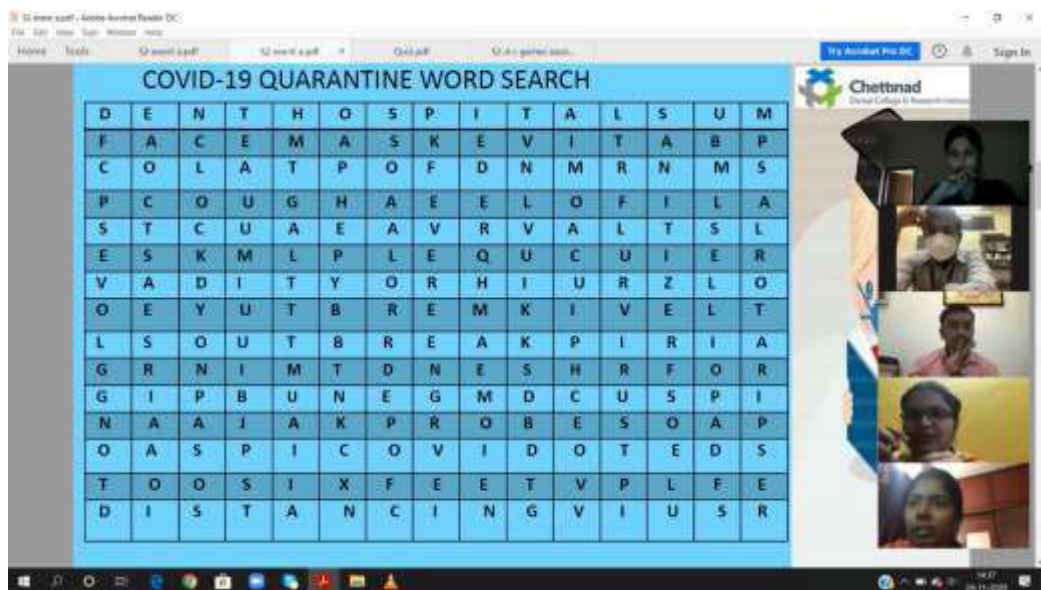
3. GAMES

- i. Crossword
- ii. Quiz
- iii. Dumb Charades

3.1 CROSSWORD

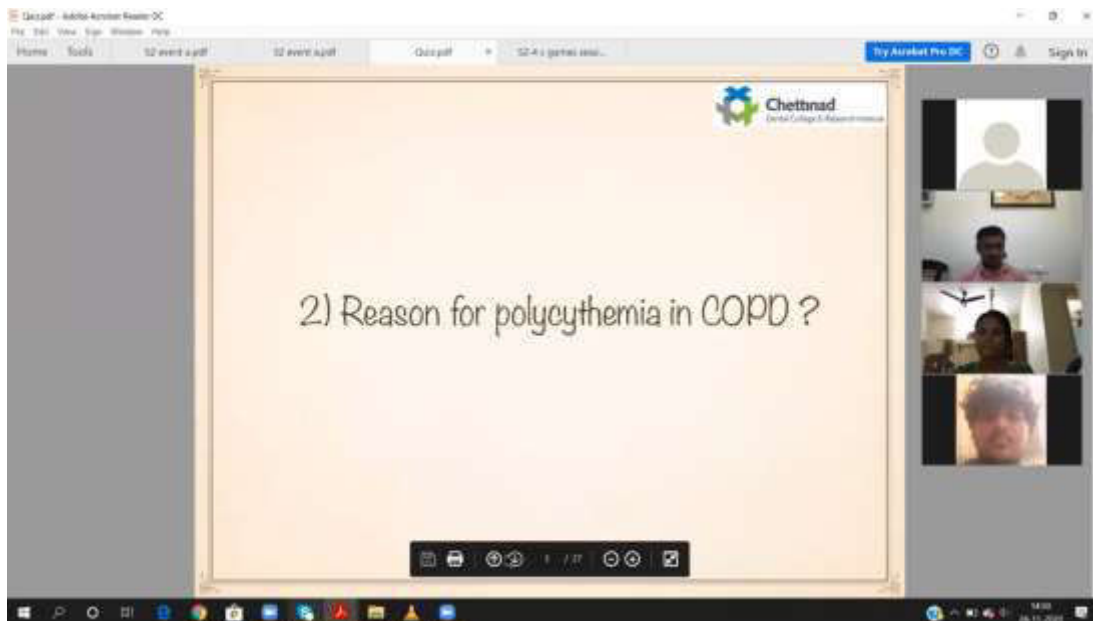
- Activity in-charge: Mothirajathi K
- A theme-based crossword game was conducted through zoom session.
- The game was conducted between final years.
- There were totally 4 questions; 2 for each team.

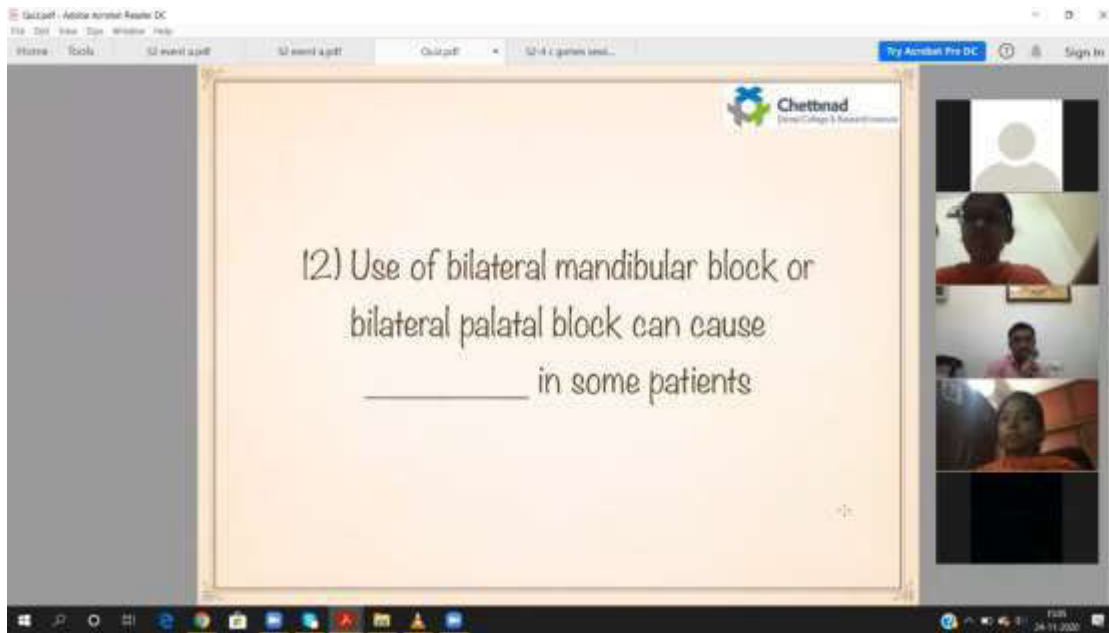
- A grid was displayed containing alphabetical letters.
- Each team was given 1 min time within which they found out the words from the grid related to the theme given to them.
- This game was conducted to kindle their knowledge.
- Final years participated actively.



3.2 QUIZ

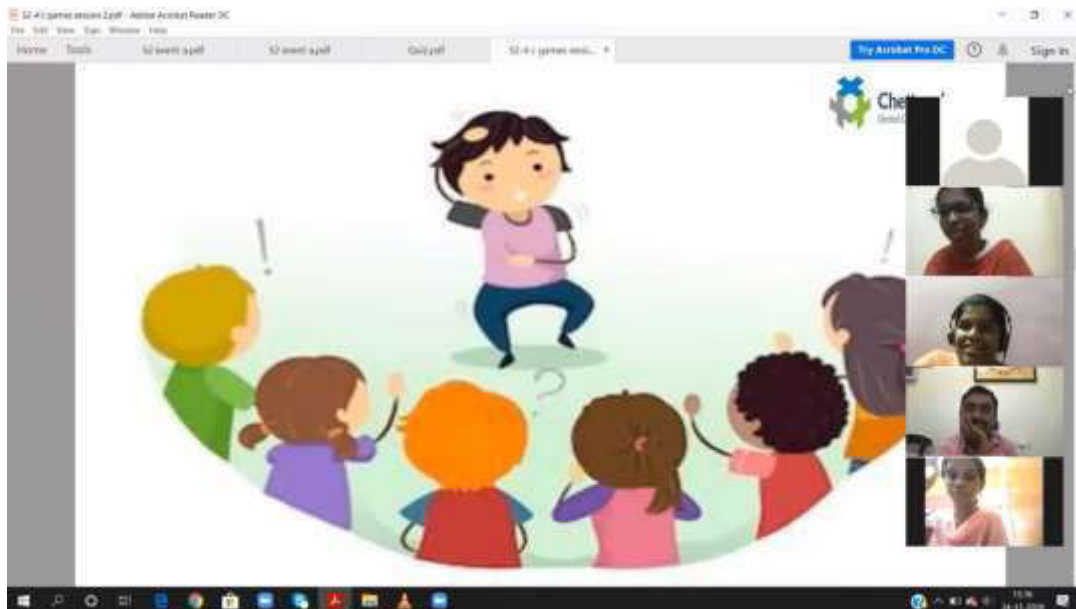
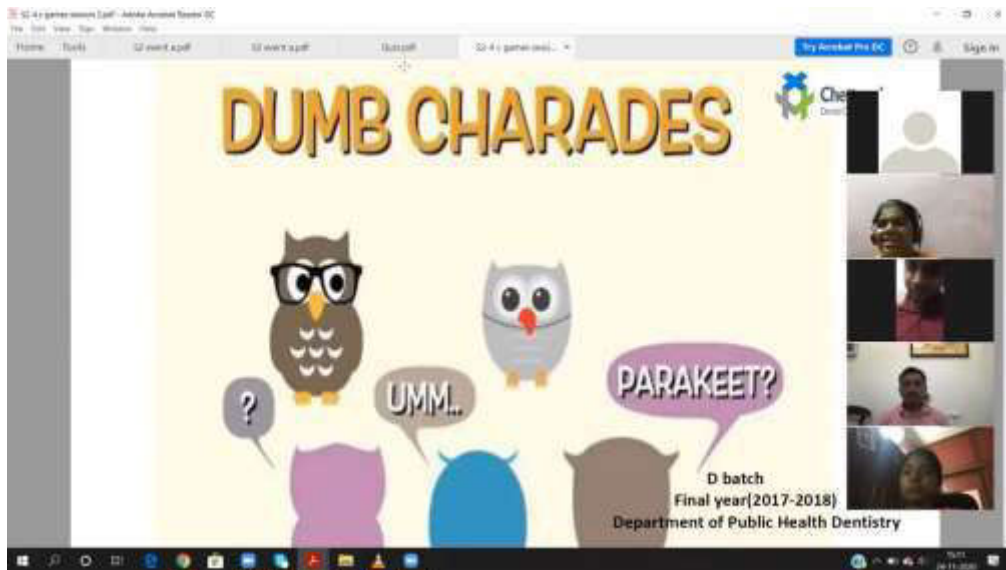
- Activity in-charge: Niveditha R
- A fun quiz to test on how well they have understood the topic taken in today session.
- The game was conducted between two teams A & B comprising of final year students and faculty members.
- Questions were based on COPD and its relation to dentistry.
- Quiz comprised of 14 questions, 7 questions for each team & an extra question for tie breaker.
- A time limit of 30 s was given for each question.
- A dare was given in case the participants failed to answer or gave wrong answers.
- The dare comprised of reciting tongue twisters and enacting symptoms of COPD
- Active participation by both students and faculty members was appreciated.





3.3 DUMB CHARADES

- Activity in-charge: Nithyasri B R
- The event was conducted for the Final Years, Postgraduates and the Interns.
- 2 teams were made on random separation.
- 8 Words related to COPD was given.
- A total time of 30 secs was given for each word.
- The word was given to a member of one of the team, who had to enact it to the rest of the team and anyone of the team mate had to guess the word.\
- The Final Years, Postgraduates and Interns participated actively.



5. VOTE OF THANKS

- **The World COPD day event by the Final Year D Batch students concluded with a thank you addressal showing sincere gratitude towards the Department of Public Health Dentistry and the Head of the Department and the staffs for the opportunity and continuous support and motivation throughout the event.**

6. APPENDIX: LIST OF PARTICIPANTS

Faculty members: -

1. Jagannatha G V
2. Dr.Nagappan N
3. Dr. Nagaland T
4. Dr. Cyril Benedict

Final Years: -

1. Laurel Vijitha M
2. Logeshwari M
3. Mahamudha A
4. Mothirajathi K
5. Mukilan S C
6. Nandini N
7. Narendhar S
8. Nithyasri B R
9. Niveditha R
10. Pavithra G
11. Pavithra M
12. Prathosh K
13. Priyadarshini G

Postgraduates: -

1. Dr, Sujatha Devi
2. Dr. Vincy Preetha

11:09 AM Tue 24 Nov

86%

End

Zoom

Unmute

Stop Video

Share Screen

Participants

More

A screenshot of a Zoom meeting grid showing 16 participants in a 4x4 layout. The participants are:

- Row 1: 47.Indrani M., Dr. Nugalani T., 55.Pavithra Q., 53.Mithyan E.W.
- Row 2: Mothi Rajathi, 56.Pavithra.M, Mukilan S.C, Priyadarshini Ganesan
- Row 3: 47.Mahamudha A, 54.Niveditha Rengarajan, 52.Narendhar Sreedharan, Logeshwari M.
- Row 4: 57.Pyathosh Krishna, Dr. Jagannatha QV, Pavithra Latha, Sesha Hari Ram.

11:07 AM Tue 24 Nov

86%

End

Zoom

2337

Mute

Stop Video

Share Screen

Participants

More



31. Niveditha M



Nagaland T



55. Pavithra O



33. Nithyan B R



3. Mohi Rajathi



5. Pavithra Latha



56. Pavithra M



6. Mukilan S C



1. Priyadarshini Ganesan



47. Mahamudha A



64. Niveditha Rangarajan



62. Narendhar Sreedharan



Dr. Jagannatha D V



8. Sujatha Devi



Seshu Hari Ram



7. Supriya Sri Lakshmi

11:21 AM Tue 24 Nov

83%

End

Zoom

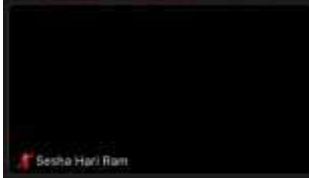
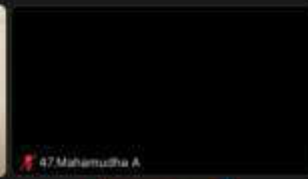
Unmute

Stop Video

Share Screen

Participants

More



End

Zoom

Unmute

Stop Video

Share Screen

Participants

More



Conclusion

This study revealed that periodontal health variables were significantly linked to COPD frequent exacerbations, and this may call attention toward enhancing oral hygiene and periodontal condition for a potential protective strategy against COPD exacerbations, which may decelerate the decline of patients' pulmonary functions.

Abdelhalim, Hesham & AboElNaga, HebaH & Aggour, Reham. (2018). Chronic obstructive pulmonary disease exacerbations and periodontitis: a possible association. *Egyptian Journal of Bronchology*. 12. 10.4103/ejb.ejb_12_18.



Paviitra O



Laurel Vajitha



Sujatha Devi



Harandhar Sreedharan

Nandini N's screen

Participants (20)

-  51.Nandini N (Host, me)  
-  Dr Nagaland T  
-  47.Mahamudha A  
-  52.Narendhar Sreedharan  
-  53.Nithyasri B.R  
-  54.Niveditha Rengarajan  
-  55.Pavithra G  
-  56.Pavithra.M  

Invite

Mute All

Ask All to Unmute

Participants (20)



57.Prathosh Krishna



Dr. Jagannatha GV



Logeshwari M



Mothi Rajathi



Mukilan S C



Pavithra Latha



Priyadarshini Ganesan



Sesa Hari Ram



Invite

Mute All

Ask All to Unmute



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

NATIONAL GIRL CHILD DAY - 2021

DATE: 22.01.2021

NO.OF STUDENTS: 24

FACULTY: DR. JAGANNATHA, DR. NAGALAND, DR. NAGAPPAN, DR. CYRIL BENEDICT

ORGANIZING AGENCY : CDCRI

LOCATION: A BLOCK AND CAMP PATIENTS