

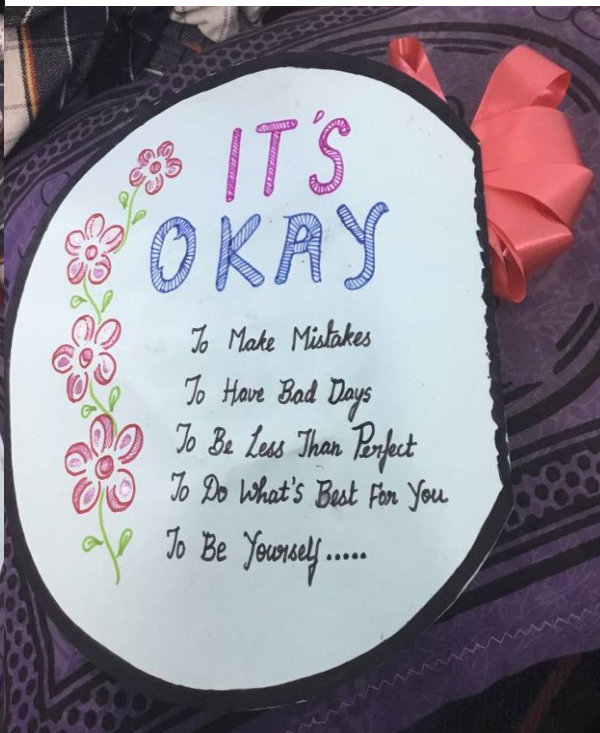
**SPECIAL EVENT- STRESS AWARENESS MONTH, APRIL-2022**

<b>Date : 15.04.2022</b>	<b>Venue : Chettinad general hospital, Poonjeri.</b>
<b>Faculty : Dr. Parvathy</b>	<b>Organizer: CRRI – I batch</b>
<b>No.of participants:32</b>	<b>PARTICIPANTS:</b> <b>1.Nursing final year students I batch</b> <b>1.Niveditha.R</b> <b>2.Pavithra.M</b> <b>3.Prathosh.K</b> <b>4.Priyadarsini Ganesan</b> <b>5.Priyadharshini.A</b> <b>6.Raksha.R</b>  <b>Postgraduate-Dr.Charumathi.D</b> <b>Dr.Nandini Prasath.S</b>



**STRESS AWARENESS MONTH** is celebrated on entire April month every year by United Kingdom since 1992. The entire April is selected to spread awareness about the ways to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. We the I batch students organised a special event on account of this month under the guidance of Dr. Parvathy mam and Dr.Charumathi,2nd year post graduate and Dr.Nandini Prasath.S, 1st year postgraduate.

**INVITATION:**



The invitation is prepared by Priyadarshini.A and Raksha. The invitation concentrates on the colorful theme, which naturally soothes the mind and hence relieves the stress. The core theme remained as "Distress life, De-Stress life". All the events were mentioned in the flower envelope card.



**BADGE:**





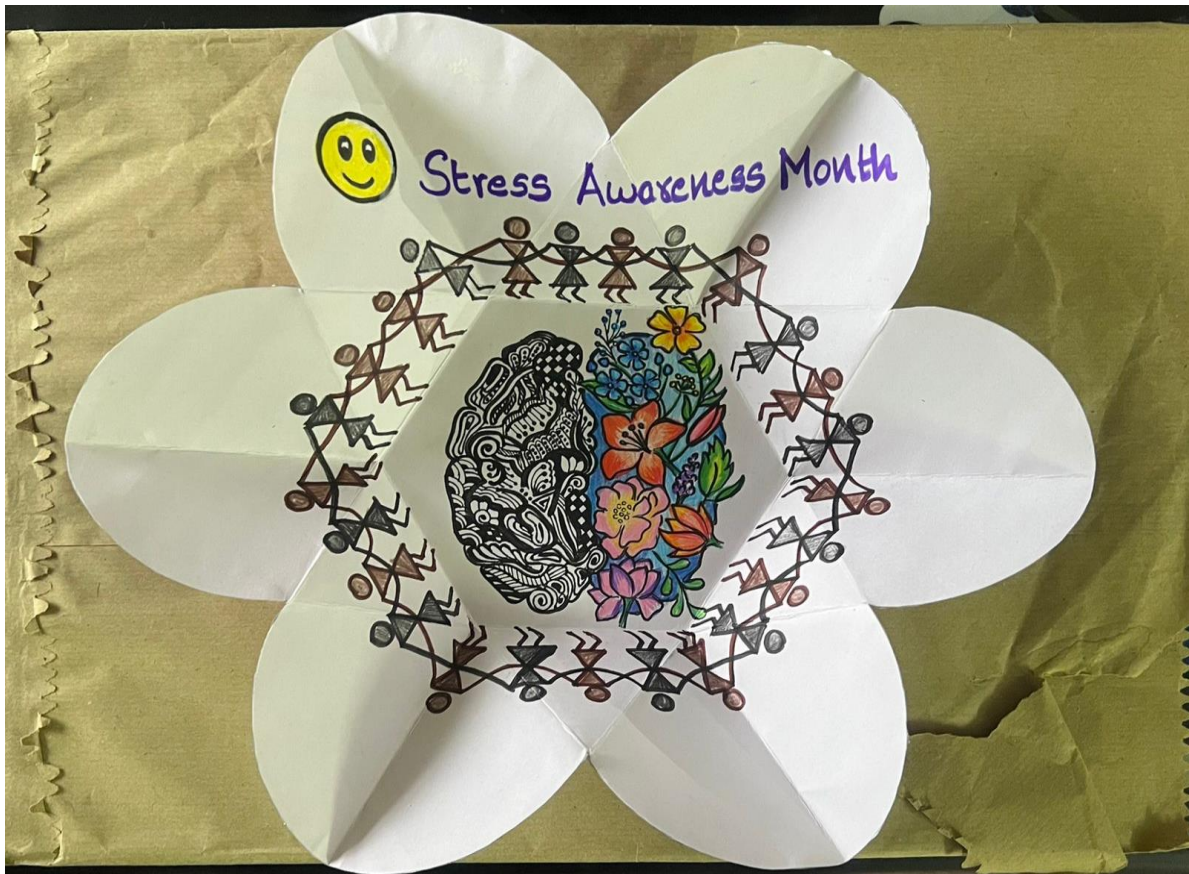
The badge was made by Priyadarshini.A and Pavithra.M. The badge has the sentence-"Live.Love.Laugh". The badge was distributed to about 32 participants.

## INTRODUCTION SPEECH



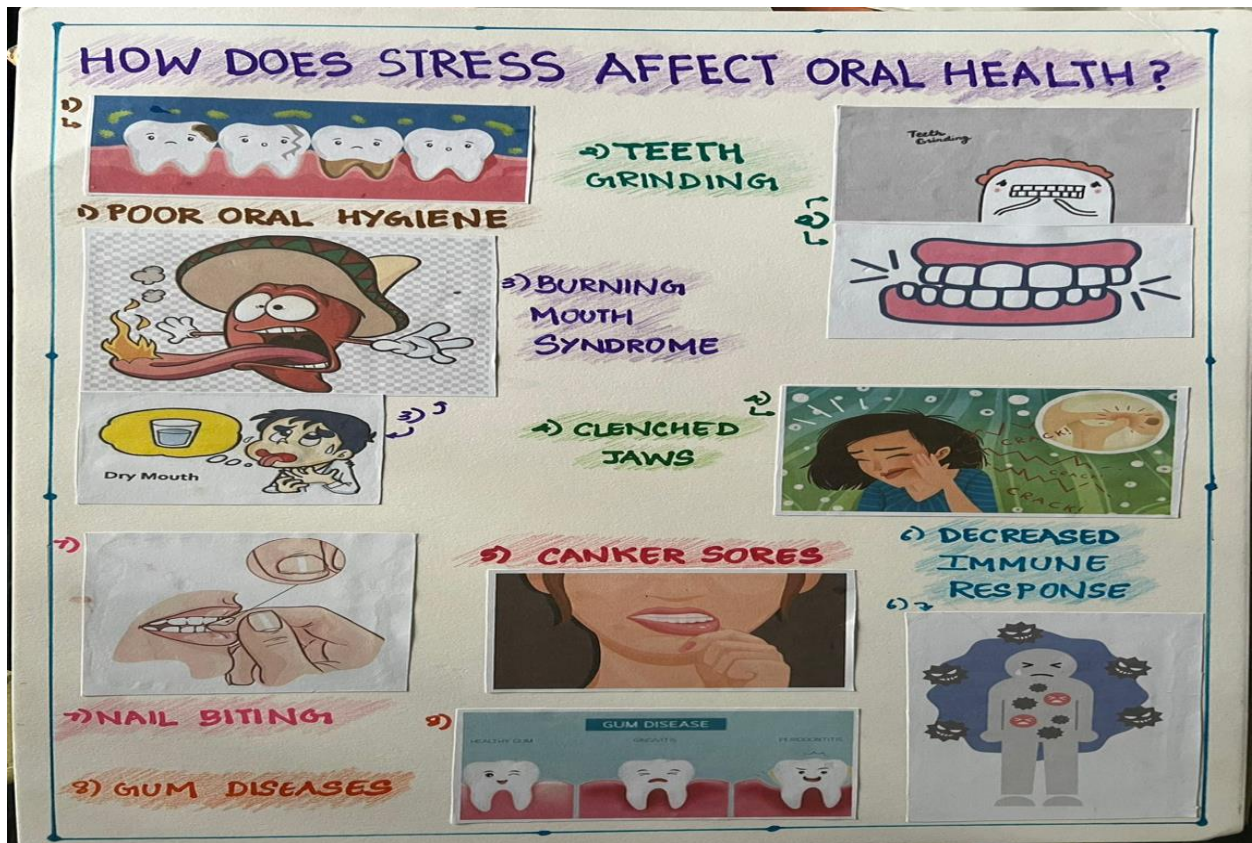
Introduction speech was given by Priyadharshini.A,Pavithra.M. The introduction was about addressing the nursing students and faculties. The importance of stress and its impact on today's youngsters were also highlighted. Famous quotes by famous personalities were also quoted to make them realise how important to live a stress free life.

## LOGO



The logo is made in a shape of hexagon embedded in a flower envelope card. The central part consists of a brain whose half lateral hemisphere remain dark and complicated due to stress, while the other hemisphere looks colourful and bright due to stress free life. The most important thing is that you can be bright when you are one in the community.

### **HEALTH AWARENESS TALK-1**



The health awareness talk was given by Niveditha.R. The real maning of stress and the ways through how it causes multiorgan dysfunction and oral manifestations due to stress were also identified and then highlighted . The initial symptoms would be dry mouth, aprhous ulcer etc. Then, the dry mouth leads to



fissuring of oral mucosa. It also leads to halitosis. At the advanced level, it could also turn into an oral squamous cell carcinoma.

## HEALTH AWARENESS TALK-2

**BRUXISM = TOOTH GRINDING & STRESS**

BRUXISM OCCURS WHEN A SLEEPING INDIVIDUAL CLENCHES HIS/HER TEETH

**DEFINITION**  
BRUXISM IS A DIURNAL OR NOCTURNAL PARAFUNCTIONAL ACTIVITY INCLUDING CLENCHING, GRASING/GRINDING OF TEETH.

**CAUSES**

- SLEEP DISORDERS THE LEADING CAUSE. MAJORITY GRINDING OCCURS AT NIGHT
- LIFESTYLE FACTORS EXCESSIVE ALCOHOL, SMOKING, HABITS, CAFFEINE INTAKE CAUSE BRUXISM
- PSYCHOLOGICAL FACTORS EMOTIONALLY STRESSFUL STATE - RELEASE OF CATECHOLAMINES ANXIETY CAUSES 70% BRUXISM
- ABNORMAL BITE ABNORMAL BITE MISALIGNED/MISSING TEETH CAUSES BRUXISM

**SIGNS AND SYMPTOMS**

- HEADACHE & FACIAL PAIN
- INDENTATIONS ON TONGUE
- TOOTH SENSITIVITY
- EXCESSIVE WEAR ON TEETH
- TOOTH PAIN & LOCKED JAW
- EAR ACHES + TINNITUS

**EFFECTS ON TEETH**

HEALTHY TEETH


EFFECTS OF BRUXISM

- ABFRACTION
- GUM RECESSION
- ATTRITION

**HOW TO REDUCE STRESS & BRUXISM?**

- EXERCISE + YOGA
- MEDITATION
- FIND BALANCE
- GO FOR A WALK
- PLENTY OF SLEEP
- LIVE - LOVE - LAUGH

BY, PRINYADARSHINI GANESAN  
CRR1, I-BATCH  
DEPARTMENT OF PUBLIC HEALTH DENTISTRY





The second health awareness talk were given by Priyadarshini Ganesan. The chart work depicts the bruxism and it's causes and effects. Bruxism is a involuntary habitual grinding of the teeth, typically during sleep. One of the important causes of bruxism is extreme stress. Bruxism leads to attrited teeth and then ultimately causes TMJ pain. All these points stressed upon the participants.

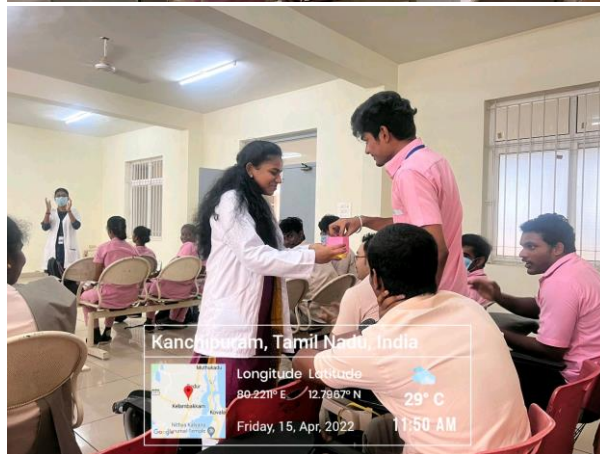
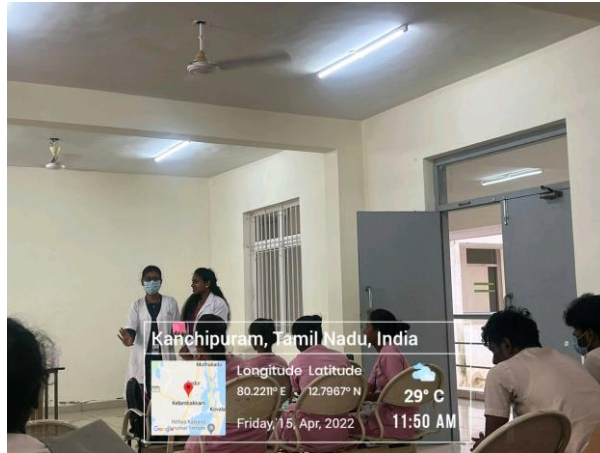
### **YOGA SESSION**



An intense guided visualisation meditation session was conducted by Pavithra.M. Entire student's concentration was brought on a single

ground. She made their mind a pleasant and calm place. At the end of guided meditation, pranayama was made to done.

## **GROUP INTERACTION**



The group interaction was successfully hosted by Pavithra.M, Priyadarshini Ganesan. Various tasks were given and the participants have taken it so sportively and done it with lot of enthusiasm. This is one of the method of distracting the people to keep them stress-free. Atlast it turned out to be funny and effective too.

## **REFRESHMENTS:**





After the long interaction session, a quick refreshment session was kept and fruit salads and nannari juice was given for refreshment. In fruit salad, various fruits like watermelon, papaya, guava, grapes, banana, dragon fruit, apple etc were added.

**GAME SESSION:**

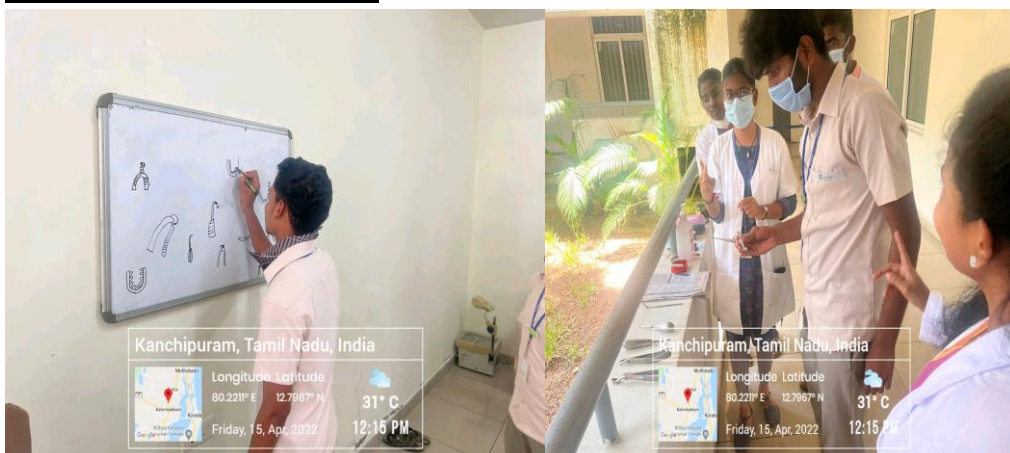
Games were conducted by Prathosh.K, Priyadharshini.A, Raksha.R.

**1) BALANCE CHECK**



Balance check game is about checking a person's capability to balance on small newspaper with one leg .It's about the coordination between mind and body. The nursing students were masters in it.

## 2) Recreation challenge



The recreation challenge is a pair game. One should blindfold himself and feel the instrument in the hand. The same should be exactly recreated in the board. The other partner should find the instrument correctly.

## **Pamphlet**



Pamphlets were distributed to the nursing students.

## **Vote of thanks**

When all scheduled events were completed at the right time, vote of thanks was given by Priyadharshini.A. Thanksgiving note to nursing principal, dental principal, head of department of public health dentistry and all other staffs and students were mentioned.





























