

**DEPARTMENT OF PUBLIC HEALTH DENTISTRY
NATIONAL TOOTH BRUSHING DAY**

DATE & VENUE :

POONCHERI RURAL HEALTH CENTRE

DAY : THURSDAY

TIME : 11.30AM TO 12.30PM

Introduction

We the interns of chettinad dental college wanted to spread awareness about importance of tooth brushing as a part of Tooth Brushing Day on November 7th. Tooth brushing is one of the basic steps to oral hygiene. So we planned to cultivate proper and effective tooth brushing among young children.

As an initiative to a nation with healthy oral cavity we planned on an oral health education program at rural health centre in poonjeri.

BRUSHING TECHNIQUE DEMO

Fone's method of brushing was demonstrated with the help of typhodont model and toothbrush to children and modified bass technique to elders.



SCREENING

These two children were screened and their oral hygiene status was explained to them



HEALTH TALK

The children were given a brief knowledge about oral hygiene maintenance, importance of nutritious diet, importance of dental visits, progression of dental caries, importance of tooth brushing and routine brushing habits.



CONDUCTING GAME FOR CHILDREN



CONCLUSION

Elders and their children interacted well in this session. They came to know about proper brushing habits and food habits, and who dentists are, what they do and various other dental problems. They also took a resolution to brush their teeth twice daily.

