

**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

**NATIONAL TOOTH BRUSHING DAY - 2020**

<b>DATE: 7.11.2020</b>	<b>NO.OF STUDENTS: 13</b>
<b>FACULTY: DR. JAGANNATHA, DR. NAGALAND, DR. NAGAPPAN, DR. CYRIL BENEDICT</b>	<b>ORGANIZING AGENCY : CDCRI EVENT DONE THROUGH ZOOM MEETING</b>

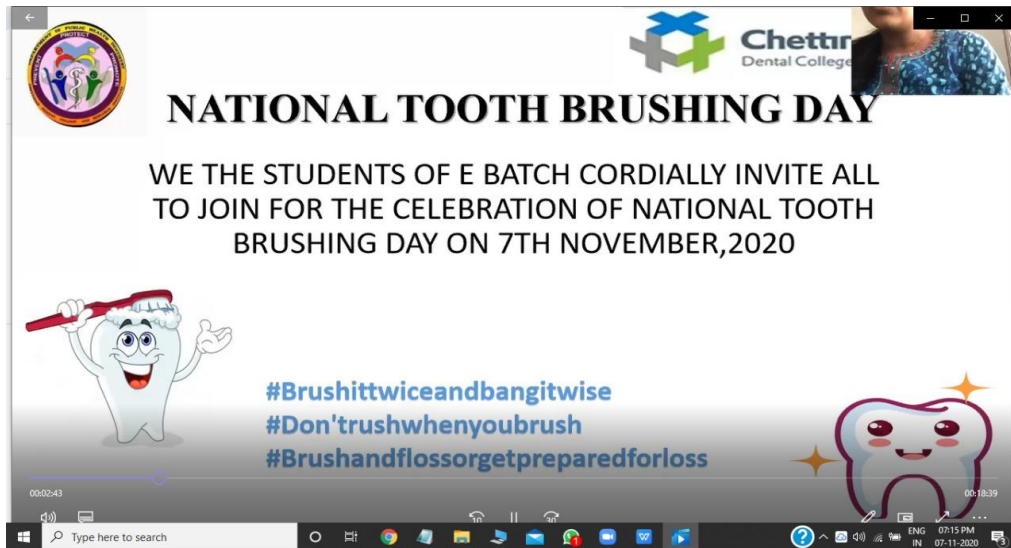
**NATIONAL TOOTH BRUSHING DAY**



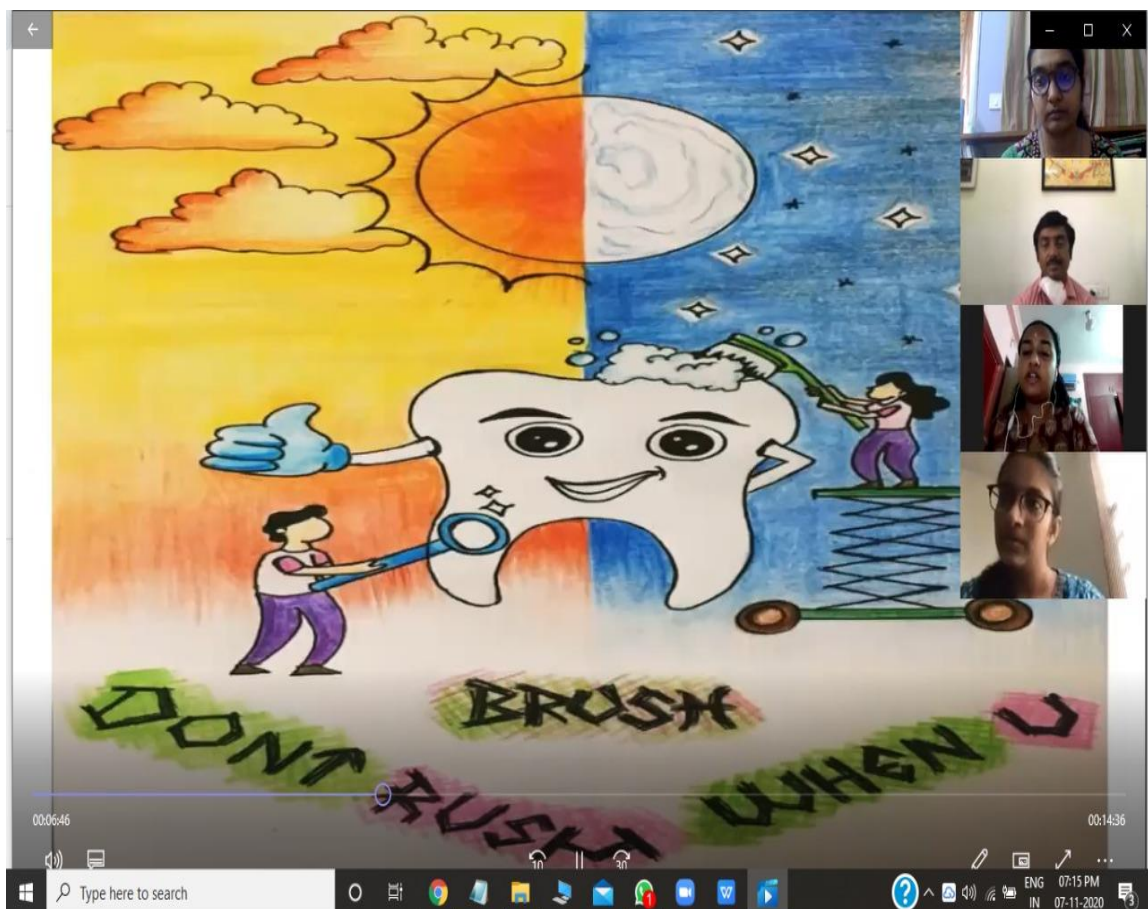
Today on the event of celebrating the ‘**NATIONAL TOOTH BRUSHING DAY**’ which falls on the 7<sup>th</sup> November of every year we like to appreciate the efforts taken by the **DEPARTMENT OF PUBLIC HEALTH DENTISTRY- THE STAFFS AND OUR SENIORS** to give importance to this day and make it a memorable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

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

# SESSION-1



# LOGO



# E - POSTER



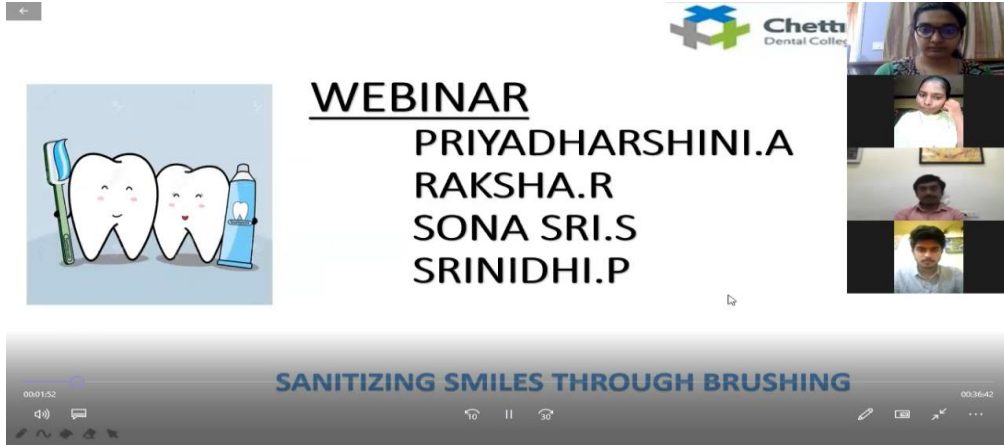
AIM:

- 
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OBJECTIVES:

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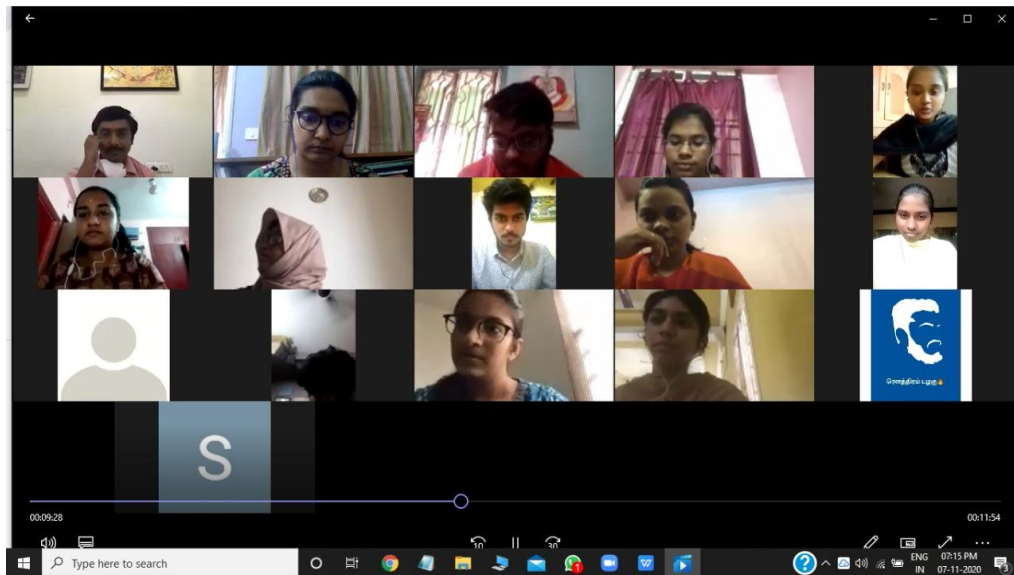
# WEBINAR



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

**SANITIZING SMILES THROUGH BRUSHING**

00:01:52 | 00:36:42



00:09:28 | 00:11:54

Type here to search

ENG IN 07:15 PM 07-11-2020

## SESSION-2

### Demonstration of tooth brushing




**BRUSHING TECHNIQUES**

- HORIZONTAL RECIPROCATING SCRUB
- VIBRATORY
  - BASS TECHNIQUE
  - STILLMAN TECHNIQUE
  - CHARTERS TECHNIQUE
- VERTICAL SWEEPING
  - ROLLING STROKE
  - MODIFIED CHARTERS
  - MODIFIED BASS
  - LEONARDS TECHNIQUE
  - SMITH BELL
- ROTARY -FONES


### Tooth brushing in India -problems faced by people



 **Chettinad**  
Health City

***Tooth brushing scenario in india***  
***- the progress and problems***

“The greatest curse of history is that those who should know it never do”

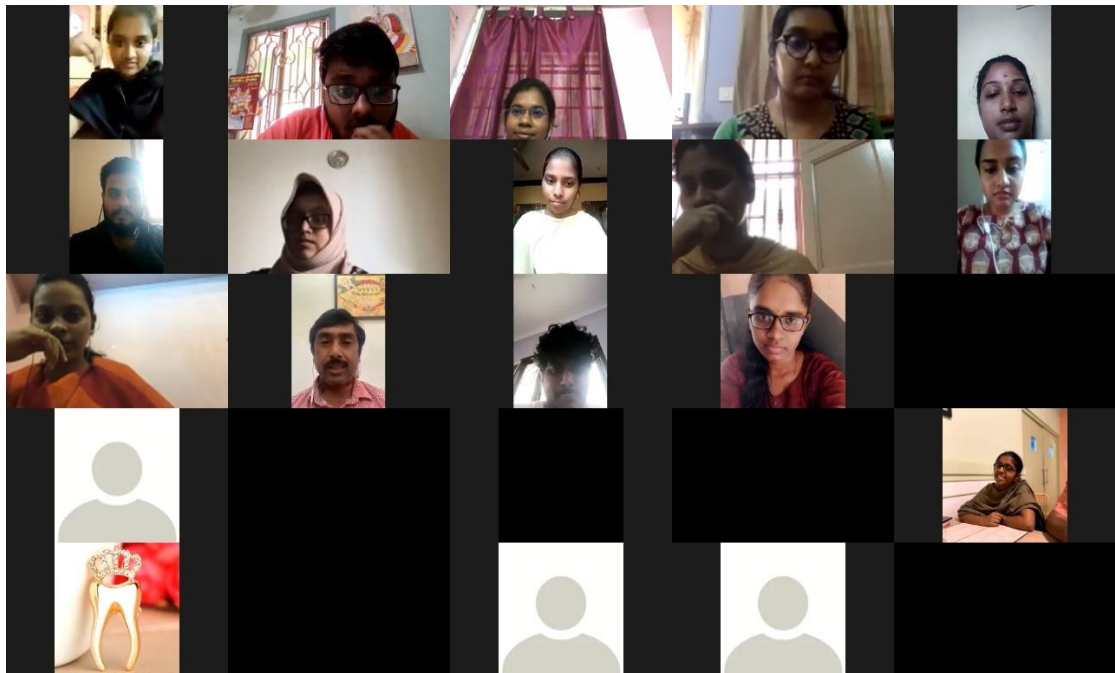
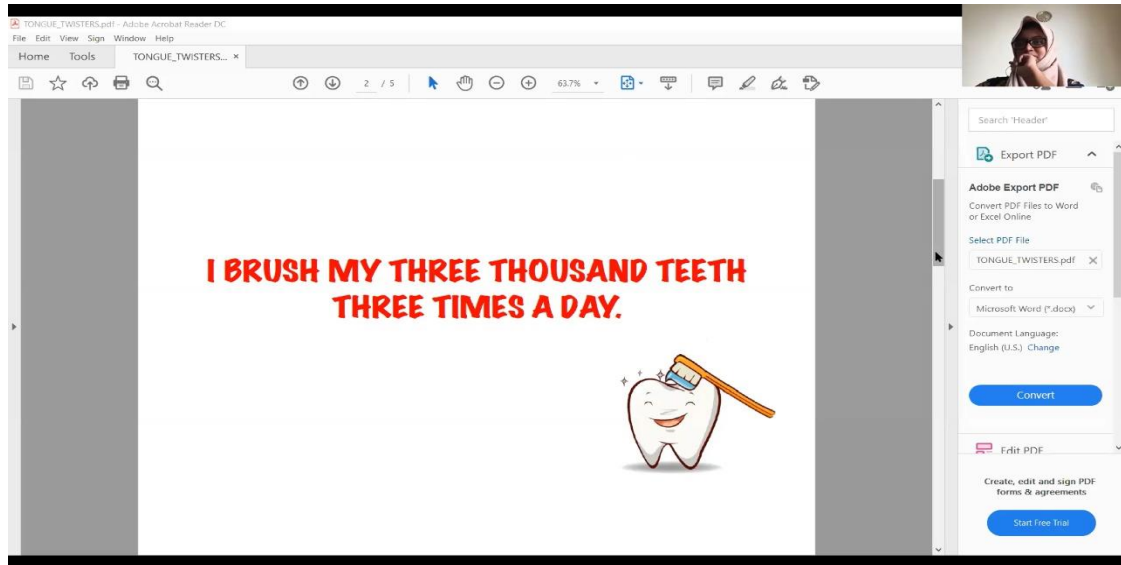


**Google form survey -Awareness of toothbrushing among common people**



**SESSION-3**

**RIDDLES**



## **INSTA CORNER:**

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



**INSTA CORNER**

Incharge: Sakthi Manimurugan  
Priyadharshini.A

00:00:09 00:02:34

00:09:48 00:16:55

Made with VideoShow

## MEMES

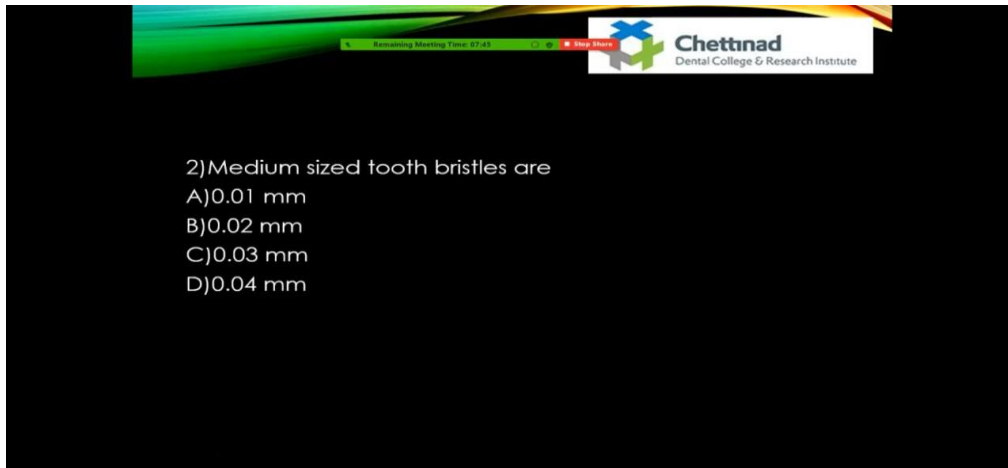


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## QUIZ

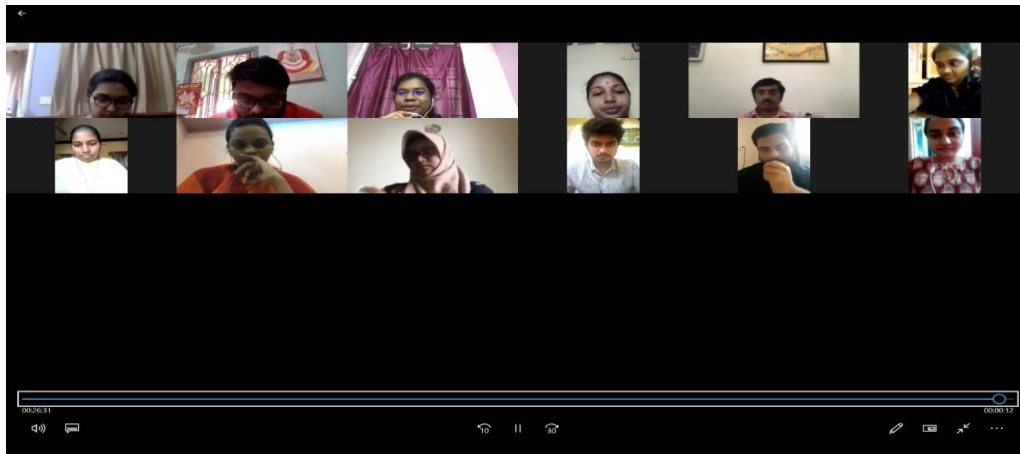




Remaining Meeting Time: 07:43

Chettinad  
Dental College & Research Institute

2) Medium sized tooth bristles are  
A) 0.01 mm  
B) 0.02 mm  
C) 0.03 mm  
D) 0.04 mm



### 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.**

**\*Webinar (Creating awareness among common people about proper brushing technique)overview was given by Priyadharshini.A,Raksha,Srinidhi,Sonasri**

### **Session-2**

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

**OUR OVERALL EXPERIENCE AND LEARNING  
OUT COME**

**review given by Sonasri.**

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.

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..

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