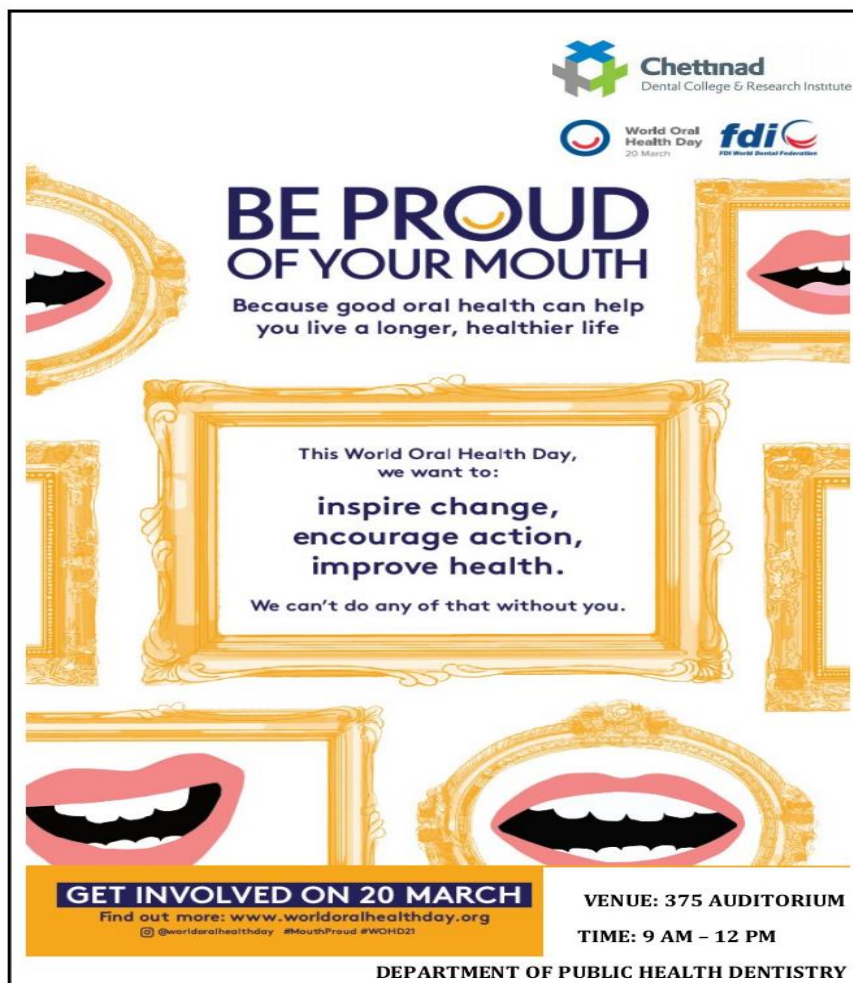


WORLD ORAL HEALTH DAY - 2021

<p>Date: 20.03.2021</p>	<p>No.Of Organizing Interns: 15 No.Of Beneficiaries: 292</p>
<p>Faculty: Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict</p>	<p>Organizing Agency : Cdcric Location: Mini Auditorium, Cdcric.</p>



Chettinad
Dental College & Research Institute

World Oral Health Day
20 March

fdi
FDI World Dental Federation

**BE PROUD
OF YOUR MOUTH**

Because good oral health can help
you live a longer, healthier life

This World Oral Health Day,
we want to:

**inspire change,
encourage action,
improve health.**

We can't do any of that without you.

GET INVOLVED ON 20 MARCH
Find out more: www.worldoralhealthday.org
@worldoralhealthday #MouthProud #WOHD21

VENUE: 375 AUDITORIUM
TIME: 9 AM - 12 PM

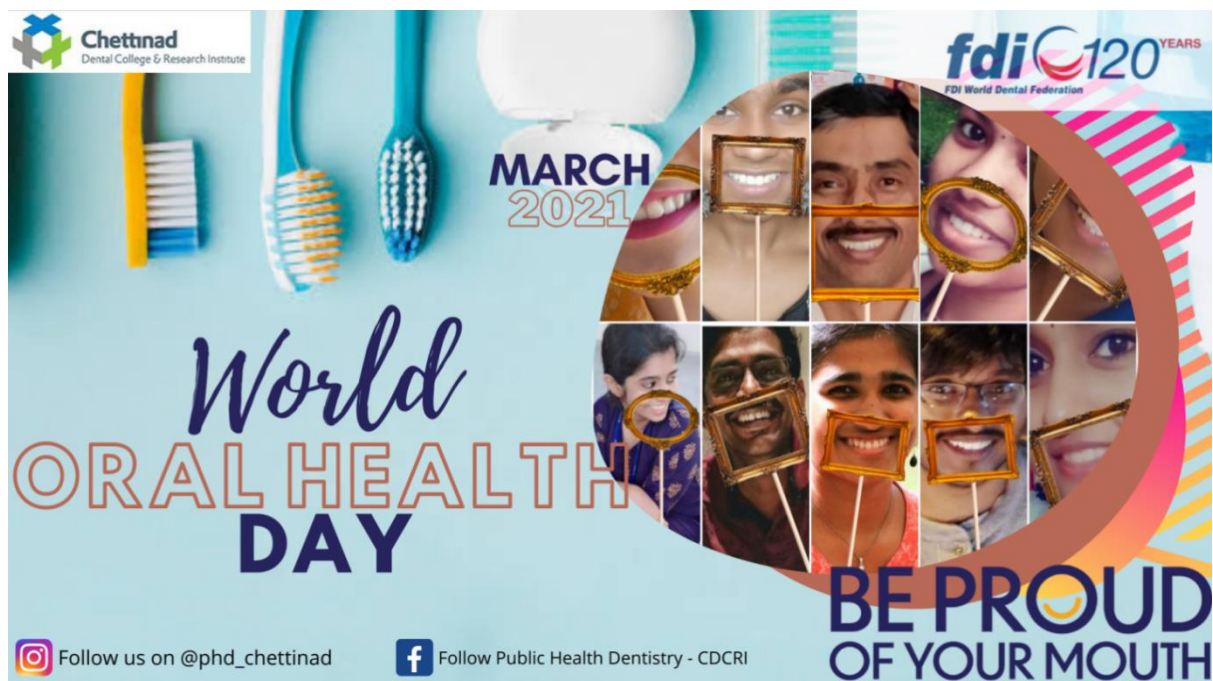
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

For celebrating 'WORLD ORAL HEALTH DAY' which falls on the 20th of March every year, we would 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.

The appropriate social distancing norms were abided by . We followed the theme given by FDI **'BE PROUD OF YOUR MOUTH'** and organized the events which falls under the theme.

This year we the **G- BATCH** of 2016-2021 BDS involved ourselves with dedication and sincerity to organize this event in 375 hall, invited **DR.HEPSIBAH SHARMIL, PRINCIPAL OF CHETTINAD COLLEGE OF NURSING** to deliver her Lecture on **"Be proud of your mouth; AN ELEVATOR PITCH"** to the students of the Dental and Nursing fraternity, Dr. Jagannatha imparted his insights on the notability of the day. There were various events that were conducted for the students of nursing and dental including on and off stage events. The respective incharges for the batch encouraged the students to pitch in. Also the students of final year BDS students of **H BATCH** enacted a skit depicting the diverse oral health problems and its consequences faced by the general public, also encouraging them the respective treatment modalities that are available.

We are grateful for the opportunity of organizing and conducting this event by the department. The overall experience was new and exhilarating



We the interns ,first year ,second year ,third year ,final year students and the faculty members of Public Health Dentistry actively involved in creating their own posters in the theme **‘BE PROUD OF YOUR MOUTH’** given by FDI.



The welcome speech was addressed by the Head of the department of Public Health Dentistry, Dr.Jagannatha who emphasized the significance of the day.



GUEST SPEECH given by DR.HEPSIBAH SHARMIL, PRINCIPAL OF CHETTINAD COLLEGE OF NURSING delivered her Lecture on “Be proud of your mouth; AN ELEVATOR PITCH”

On how to craft an elevator pitch for different occasions such as for job interviews, career expos or simply to get stake holders interested in your work.

ON STAGE EVENTS:

1]COOKING WITHOUT FIRE

2]BLIND FOLD

3]FACE PAINTING

4]DENT ART

5]TATTOO ART

6]DICE GAME

7]TREASURE HUNT

ON STAGE EVENTS:

1]PENCIL SKETCHING

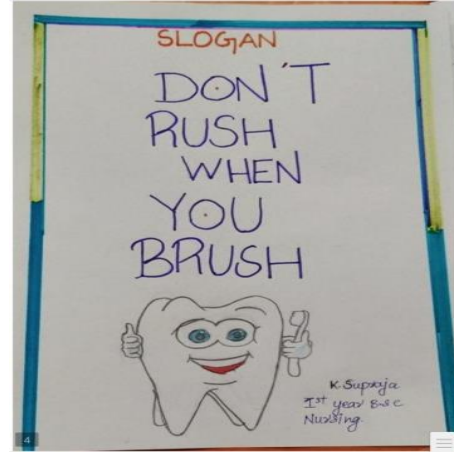
2]POETRY WRITING

3]SLOGAN WRITING

4]MEMES

5]E- POSTER





கடித்து திங்க பல் உண்டு
ருசி கொட்டி சாப்பிட
நாக்குண்டு
பல விதமான பலகாரங்கள்
நமக்குண்டு
சத்துடன் சாப்பிட்டு
அளவுடன் புசித்து
வளமுடன் வாழ்வோம்!

வாயின் சுத்தம்,
நோயை தடுத்திடுமே
மனிதனின் ஆயுளை
சுட்டிடுமே....
பற்களை பொற்கல்லாக பார்த்தால்
உடலில் சிக்கல் ஏதும் உண்டோ?

நிலவான முத்து பற்களில்,
நட்சத்திரங்களை கொட்டியது போல்
புத்தது
நம் புன்னகை
அது தருமே பல நம்பிக்கை!
என்றும் புன்னகையுடன்....

Let your little tooth fairies live in a
healthy fairy land (oral cavity) ♡..
Take care of it.
(Savitha.S
II-year)



ORAL HEALTH

Better teeth ! Better health!!

BAD ORAL HEALTH

STROKES, MOUTH CANCER, DIABETES, LUNG CONDITIONS, DENTAL DECAY, GUM DISEASE, BAD BREATH, TOOTH LOSS

FOODS THAT DAMAGE TEETH

Dried fruits, Sunflower seeds, Coffee, Sugary Drinks, Alcohol, Citrus fruits and Fresh, Chips, Crackers, French Fries, Bread, Pasta and Bakery, Candy, Ice cream and Sweets

Dental Friendly Diet

Hard vegetables, Apples, Nuts, Eggs, Dairy Products, Honey and propolis, Seafood

RULES FOR GOOD ORAL HEALTH

- BRUSHING**: Brush twice daily. Retrace on back at night before going to bed. Change your tooth brush every 2 months. Do not use shared tooth brushes.
- SCALING**: Professional teeth cleaning (scaling) should be done once every 6 months to remove the calculus deposit accumulating on the teeth.
- AVOID SWEETS**: Avoid in-between snacks and sweet sticky foods.
- DENTAL CHECK-UP**: Routine dental check-up should be done every 6 months.

Imra Kaleel, Kaviya KV ,BDS 2018-19

WORLD ORAL HEALTH DAY!!





SKIT:

Total number of participants:10

Enacted by the H batch students of FINAL YEAR BDS students

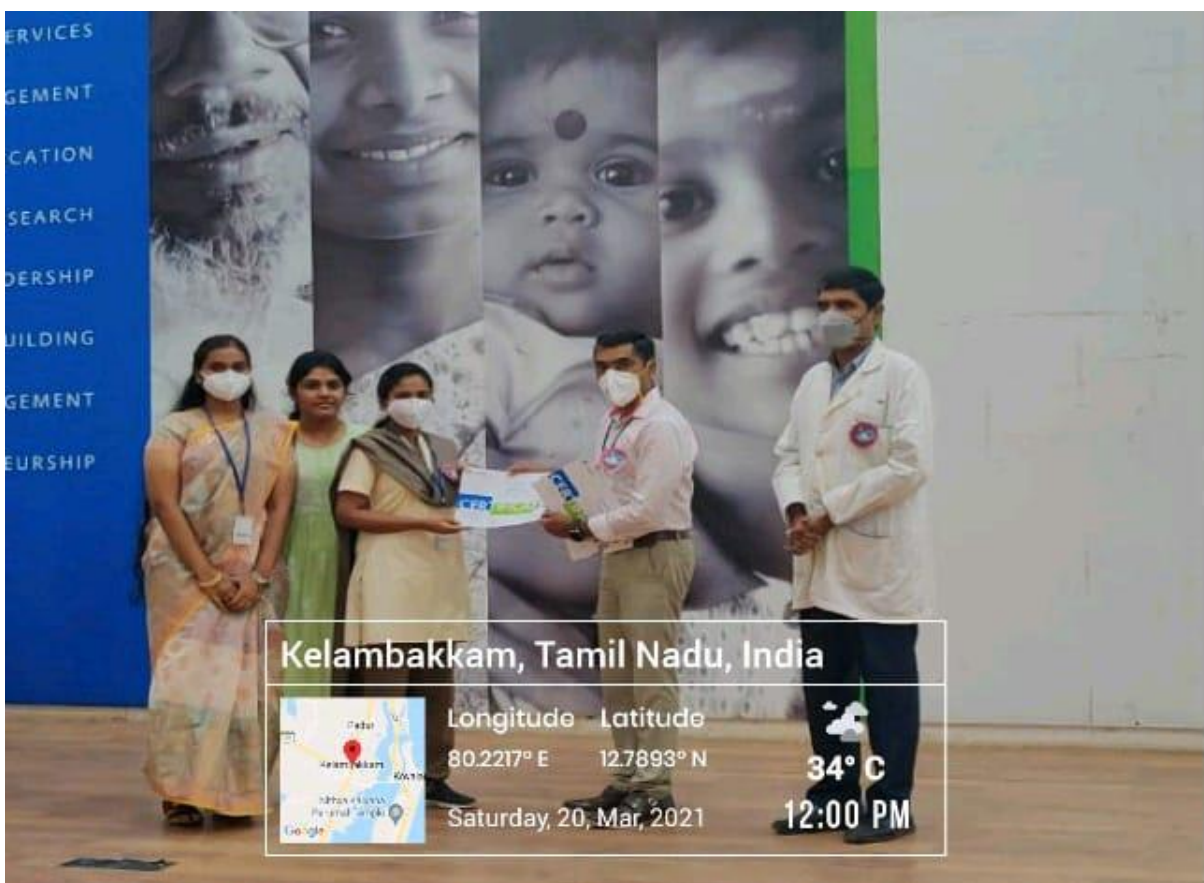
Concentrated on the campaign theme of BE PROUD OF YOUR MOUTH with the content of the skit narrowed down to the concept on how oral cavity anomalies affect our daily activities primarily focusing on

1. Midline diastema
2. Proclination
3. Oral health Instructions



PRIZE DISTRIBUTION:

The winners of each competition received their certificate of appreciation along with it, participating and organizing certificates were also issued



ATTENDANCE LIST:

TOTAL NO. OF STUDENTS: 271

TOTAL NO. OF INTERNS: 8

TOTAL NO. OF FACULTY MEMBERS: 13



This experience of organizing this event has instilled a planning strategy that could be harnessed for future use. Our time management skills took a rise, starting from keeping the tasks under control to ensure smooth flow of events

Enhanced the team play and leadership, discipline, quick thinking and delegation

WE had also managed to develop strategies for dealing with procrastination, distraction and even unplanned events

With only 7 members as the organizing team, we set realistic goals and how to meet them, also readjusted roles as needed to achieve it

To find a common ground with the diverse opinions and thoughts of each organizing member was the first roadblock but we were able to overcome it with effective conflict resolution and developing strategies conducive for everyone to work

We are indebted to the department for providing us with this wonderful opportunity and learning experience.