

NATIONAL TOOTHBRUSHING DAY

**Celebrated by Department of Public Health Dentistry
on November 7th, 2022**

To create awareness, improve Oral Hygiene and to make every Indian use a toothbrush and maintain oral hygiene. Indian Association of Public Health Dentistry took an initiative to join the community and celebrate National Toothbrushing Day, on 7th of November, every year.

Deptt of Public Health Dentistry, Sudha Rustagi College of Dental Sciences & Research , Faridabad, also celebrated National tooth brushing day on 7th November 2022 under the guidance of Shri Dharamvir Gupta, Hon'able Chairman, Mr Deepak Gupta, Secretary, Dr C S Baiju, Offg.Principal and Dr Vishal Juneja, CEO

As a part of drive, Dr Pratibha Taneja along with the Post graduate students, Dr Parul & Dr Swati, Interns and undergraduates conducted an Oral Screening camp and Oral Hygiene Awareness Drive, at 'Udayan Care', RPS Savana, Faridabad, Haryana.

A mass tooth brushing demonstration was organised, free Oral Hygiene Kit was distributed to all the children, teachers and helping staff. They were educated regarding importance of oral health and maintenance of oral hygiene .They were motivated to brush twice daily for at least two minutes to help reduce the risk of oral disease. Demonstration of flossing was also done. They were also encouraged to decrease snacking in-between the meals and increase the intake of fresh fruit and vegetables. Reinforcement regarding the importance of children's oral health and promoting good tooth-brushing habits was done again at the end of session.

For undergraduate and post graduate students, in house competition - reels/short video making and hand-made tooth brushing models was organised with the Theme - Importance of tooth brushing in daily life. Certificate and prize was distributed to the participants. This was done to sensitise children regarding the importance of tooth brushing and its benefit on oral health.





हमने हुए दातों का राज
राज ब्रश करो पैस्ट के साथ

Dant Rakshak

ORAL HYGIENE AIDS

- Toothbrush
- Dental glass / tape
- Dental floss
- End Tige
- Mouth Rinse
- Supplend
- Mouth air
- Sclerotic
- Impaled
- Occlusal
- Impaled

BRUSH
FLOSS
RINSE
REPEAT

Causes of Poor Dental Health

- Dental Decay
- Bad breath
- Tooth loss
- Gum disease
- Mouth Cancer
- Heart Disease
- Lung condition



Benefits of Brushing & Flossing

- Whiter teeth & brighter smile
- Fresh breath
- Healthy, firm gums
- ↓ Risk of oral cancer & respiratory disease
- Save Money
- Self confidence



Colgate Total

parodontax