

Report on National Toothbrushing Day 2022

A week-long tooth brushing demonstration initiative was undertaken in Government Primary School, Jamujhari, Upper Primary School, Chatabhara and Government Primary School, Chandaka, on the occasion of the National Toothbrushing Day by Department of Public Health Dentistry, Institute of Dental Sciences, Siksha 'O' Anusandhan deemed to be University, Bhubaneswar.

The children in the schools were given demonstration of the correct tooth brushing technique using IEC materials and AV aids. Each child was provided with an age appropriate toothbrush and fluoridated dentifrice. Detailed oral hygiene instructions were given along with oral health education stressing the on the importance of primary dentition, prudent diet and prevention and early treatment of dental caries. A drawing competition was held on “importance of tooth brushing” and the best received prizes.

The teachers were also instructed to follow up on practice of toothbrushing by the children and emphasize on eating healthy.

Screening for oral diseases was performed and further visits were scheduled to provide required treatments after obtaining approval of the parents.

Note: Pictures and video is included

Day 1: 31st October, 2022 – Jamujhari Primary School – 57 children







Day 2: 2nd November, 2022- Government Upper Primary School, Chhatabara – 257 children.









Day 3: 4th November, 2022- Government Primary School, Godibari, Chandaka – 90 children



Siksha 'O' Anusandhan (Deemed to be University)
INSTITUTE OF DENTAL SCIENCES
 Bhubaneswar
DEPARTMENT OF PUBLIC HEALTH DENTISTRY
 Celebrates

DEPARTMENT OF PUBLIC HEALTH DENTISTRY
INSTITUTE OF DENTAL SCIENCES



NUTRITION
 The sum of the processes by which individual takes in and utilizes food.

WE NEED A GOOD NUTRITION ?
 Our Body to GROW
 REPAIR of body tissues
 IMMUNE SYSTEM healthy

SOURCE	DEFICIENCY	EFFECT ON ORAL TISSUE
BROT BREAD	HYPERKERATOSIS OF ORAL EPITHELIUM LEUKOPLAKIA	LEUKOPLAKIA
WHEAT RICE, CEREALS, MILK	ANGULAR STOMATITIS, GLOSSITIS, APTHAE	STOMATITIS & APTHAE
FRUIT APPLE, PEACH, GRAPE	GINGIVAL SWELLING & BLEEDING	GINGIVITIS
FISH, SUNLIGHT MUSHROOM	HYPOCALCIIFICATION & MALFORMATION OF TEETH	MALOCCLUSION
SWEET POTATO, ALMONDS, PAPAYA OLIVE OIL	ANEMIA	PERIOCHTHONIA
MEAT, EGG WHITE, MILK & MILK PRODUCTS BEANS, CURD	DELAYED ERUPTIONS	ERUPTION
BEANS, LEAFY VEGETABLES RED MEAT, SOYABEAN	DEPARILATION OF TOOTHES, MUCOSAL PALOR, CANDIDAL INFECTION	PARADONTITIS
WATER SEAFOOD, TEA LEAVES CITRUS FRUIT	DECREASED GUMS RESISTANCE, ENAMEL HYPOPLASIA	ENAMEL HYPOPLASIA

NATIONAL TOOTH BRUSHING DAY

On 7th November
CLEAN TEETH-STRONG TEETH



Institute of Dental Sciences
Department of Public Health Dentistry

DOES THIS LOOK HEALTHY?
 DENTAL DECAY
 (also known as dental caries, holes, or cavities) occurs when teeth are not cleaned effectively.
 Daily Routine:
 BRUSHING, FLOSSING, RINSING OF TEETH
 A slimy layer of germs called PLAQUE STAYS ON TEETH
 DECAY CAN BE EASILY AVOIDED

REGULAR CHECK UPS visits in
 Keep YOUR SMILE right-side UP!

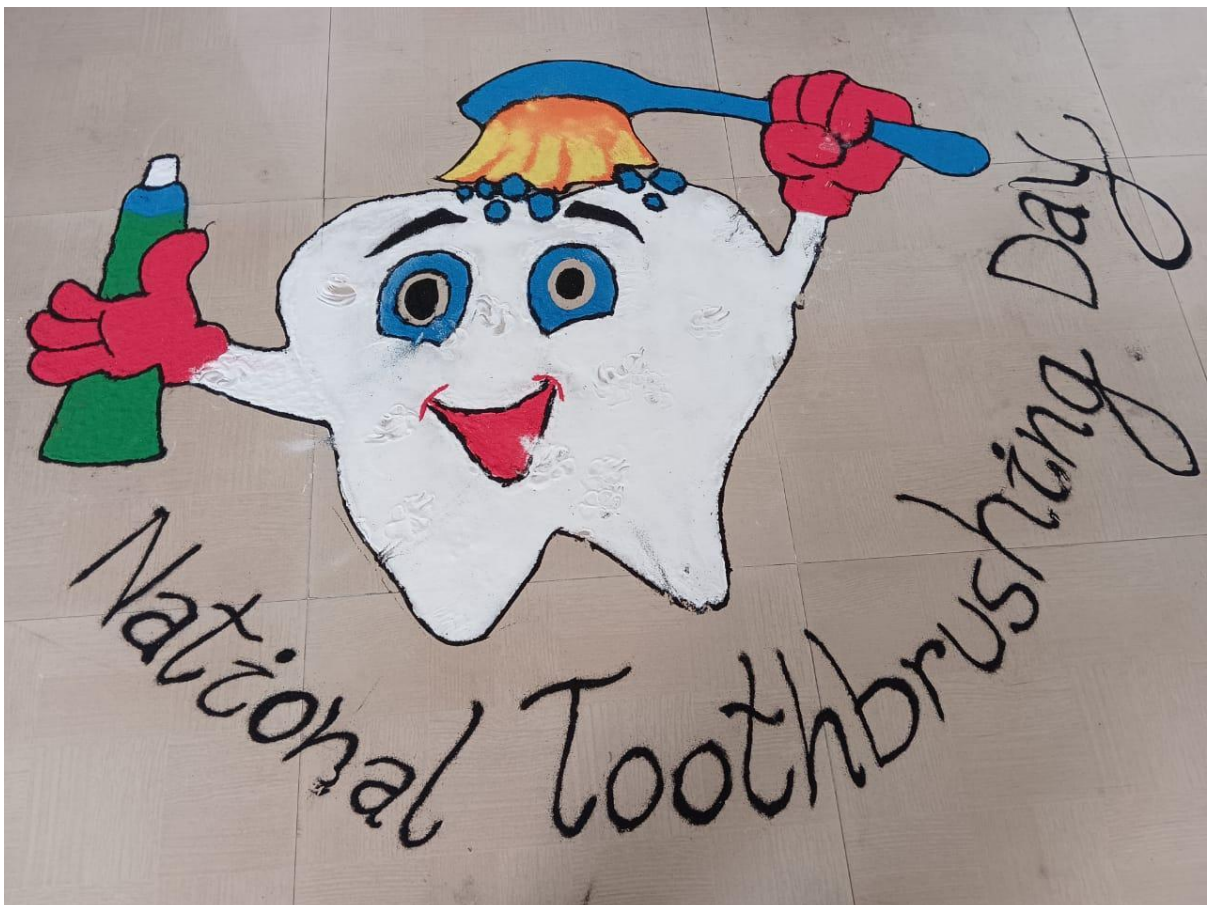
DECAY and other plaque related diseases are 100% PREVENTABLE
 Within 30 minutes of brushing existing plaque is gone & a new 1 minute film of plaque starts to form
 USE SHORT AND GENTLE FLOSSING STROKES
 Immediately after brushing, floss at least 1 minute BRUSHING
 SMOKERS 2.7 X PERIODONTITIS
 45

Guided By :-
 Dr. Ramesh N, Dr. Dharmashree S,
 Dr. Swati Patnaik, Dr. Radha P
 Dalal, Dr. Sourav Ch. Bidyasagar
 Bai, Dr. Debasruti Naik, Dr.
 Karishma Rathor, Dr. Sashikant
 Sethy, Dr. Nikita Sahu,
 Dr. Sudipta Sahu

Submitted By :-
 Dr. Satyadev
 Dr. Swagatika
 Dr. Amit Anuraj
 Dr. Nishi Kumar
 Dr. Paromita
 Dr. Supravat



7th November, 2022: Celebrations at Institute of Dental Sciences, Bhubaneswar.





Summary of the events:

