

## “Oral Hygiene”

Seminar on Oral hygiene on 13-12-2017.

### Participants:

A total number of 60 students and faculty.

### Resource person:

Dr.Y. Bhavan Chand, MDS, Asst. Professor, Asram Medical College, Eluru

### Description of the programme:

For the prevention of dental diseases a seminar on ‘Oral hygiene’ followed by a workshop is arranged by the chemistry club Analyte. The resource person suggested some basic tips for oral hygiene like regular cleaning, regular dental check-up, eating healthy diet, avoiding sticky food, smoking, using mouth wash etc. He also suggested to drink fluorinated water and to brush with fluoride tooth paste for strong teeth. Students felt that the programme was very much useful in their daily life as dental and oral health is an essential part of overall health and wellbeing.



**“Poor oral health care can cause in poor overall health” - George Taylor**